

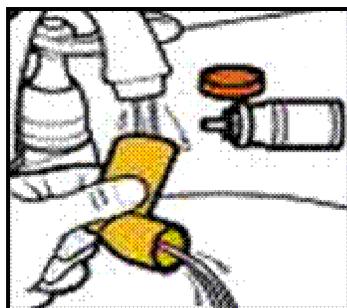
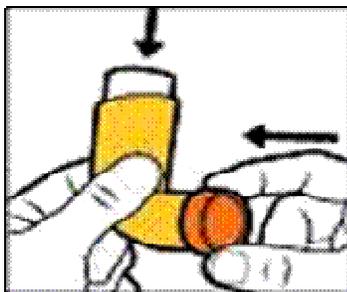
CLEANING METERED DOSE INHALERS (MDIS) DEVICES AND SPACERS

Following these instructions puts more of the medications into your lungs. This will open your air passages and may help you breathe easier and feel better.



- ! Cleaning prevents the MDI from becoming clogged
- ! You should clean your MDI sleeve (and spacer) at least once a week

Steps for Cleaning your MDI sleeves



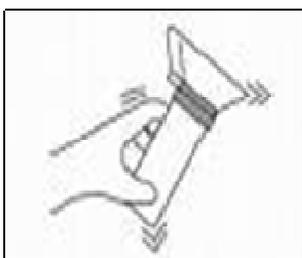
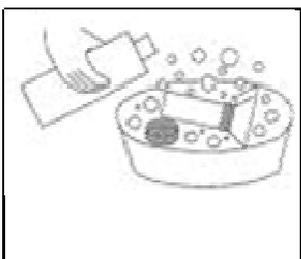
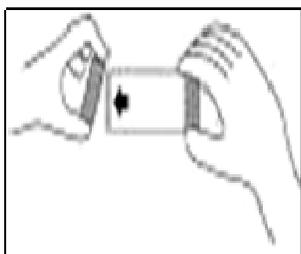
1. Once a week remove all metal canisters from their plastic sleeves.
2. Do not put the metal canister into water.
3. Wash only the plastic sleeves under warm running water.
4. Shake off the excess water.
5. Allow the sleeves to air dry on a clean towel
6. After a sleeve is dry, replace canister and press the canister once to clear out any remaining moisture.
7. The device is now primed and ready for use.



If you have any questions about using your inhaler device or your respiratory medications, talk to your doctor, pharmacist, or another health educator.

CLEANING METERED DOSE INHALERS (MDIS) DEVICES AND SPACERS

Steps for cleaning your MDI spacer and Mask (if these are part of your medication routine)



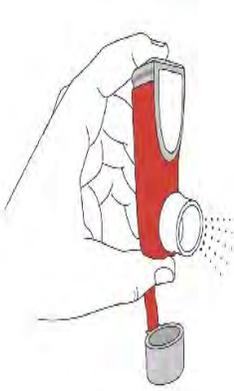
1. Separate all the parts of the spacer
2. Wash in water with mild liquid detergent
3. Rinse all the components except the long plastic tube (medication holding chamber).
4. Air dry (Do not use cloth to wipe the spacer).
5. If you also are using a mask with your spacer, wash separately in warm water and let air dry



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PRIMING AND COUNTING METERED DOSE INHALERS (MDIS)

Following these instructions puts more of the medications into your lungs. This will open your air passages and may help you breathe easier and feel better.



Directions on How to Prime Your MDI

- ◆ Before you use a new metered dose inhaler you must prime it.
 - ◆ Your inhaler is primed to give you the correct dose for each puff of medicine.
 - ◆ You also need to prime any metered dose inhaler that has not been used for 2 weeks or more.
1. First **shake the inhaler** up and down for 10 seconds with the inhaler held upright
 2. **Depress or puff the canister 2 times** away from your face.
 3. It is **now primed** and ready for use

Notes on Counting the Doses on Inhalers You Take Regularly



You must **count** the doses of these inhalers to know when they are empty. Shaking a metered dose inhaler is not a good method to know when it is empty. Do **not** float canisters in water.

- a. Advair has a built in dose counter on the back. Check it each day.
- b. Aeromir, Atrovent, Serevent and other Metered Dose Inhalers do not have a counter.

Directions on How to Count the Doses on Inhalers You Take Regularly



1. When you start a new inhaler, write the date it will become empty on your calendar or the inhaler prescription label or the box it came in.
2. To determine this date, **use the table on the back of this sheet.**
3. Find the drug you are taking and determine how many days until it goes empty.
4. Using a calendar, add the numbers of days until it goes empty to the current date.
5. This is the date you should discard the old inhaler.
6. Start the new inhaler the next morning

For example. If you take Serevent 2 puffs, twice per day, it goes empty in 27 days. If today is January 2nd, and you start it in the morning, then it will go empty after your last dose on January 29th



If you have any questions about using your inhaler device or your respiratory medications, talk to your doctor, pharmacist, or another health educator.

<h2 style="margin: 0;">PRIMING AND COUNTING METERED DOSE INHALERS (MDIS)</h2>

Number of days your regularly taken MDI will last*	
Drug	# Puffs When New
<p>Serevent and Flovent</p> <p><u>Taken at 4 total puffs per day: it goes empty in 27 days</u> <u>Taken at 2 total puffs per day: it goes empty in 54 days</u> Clean once every 7 days</p>	<p>120</p>
<p>Atrovent</p> <p><u>Taken at 16 total puffs per day: it goes empty in 12 days</u> Cleaned once at day 7 <u>Taken at 8 puffs total per day: it goes empty in 24 days</u> Clean on day 7, 14 and 21</p>	<p>200</p>

*The chart above accounts for 2 priming puffs and 1 weekly cleaning puff.

Other Counting Tools

1. **WEB-BASED AUTO-COUNTER:** http://www.qrp.pops.net/iha_wg/inhalers/MDI.htm
2. **INHALER DOSE COUNTING WORKSHEET**

Question	Example	Your medications
1. Type of Medication	(Ex. Serevent)	_____
2. Number of puff taken per day	(Ex. 2 puffs X two times a day= 4 puffs)	_____
3. Number of day until empty	(Ex 27 days)	_____
4. Today's date	(Ex. January 2nd)	_____
5. Date the MDI will be empty	(Ex. Jan. 2nd plus 27 days=January 29th)	_____

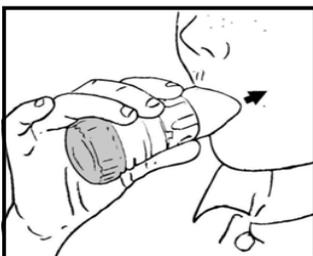
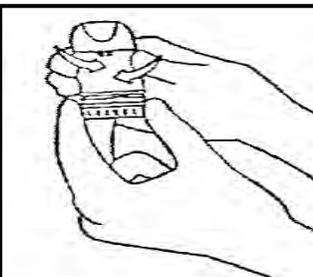
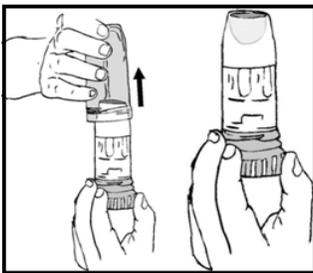


If you have any questions about using your inhaler device or your respiratory medications, talk to your doctor, pharmacist, or another health educator.

DIRECTIONS FOR USING A TURBUHALER[®]

Following these instructions puts more of the medication into your lungs. This will open your air passages and may help you breath easier and feel better.

- The turbuhaler[®] produces a very fine powder. You may not feel or taste the medication because a lactose carrier was not added. This is normal.
- If you shake the turbuhaler[®], you will hear the sound of the drying agent, not the medication.
- Do not store the turbuhaler[®] in wet or humid places such as a bathroom with a shower.
- Once the turbuhaler[®] is loaded, if it is tipped or if you blow into it, the dose is lost; **you must reload.**
- Do not load the dose until you are ready to inhale it.
- To clean the turbuhaler[®], wipe the mouthpiece once weekly with a dry cloth. Do not get the turbuhaler[®] completely wet, or it will not work properly
- Some turbuhalers[®] have a color indicator and some have a counter. Check with your provider for directions on counting your doses



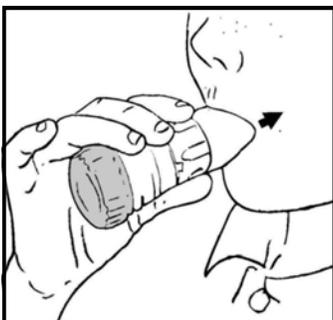
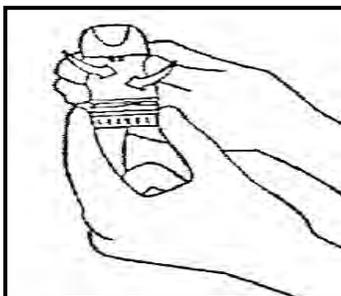
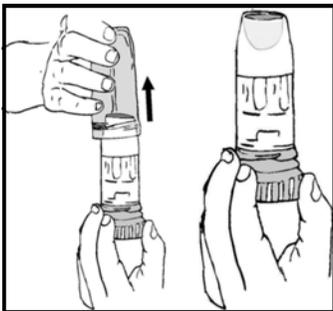
1. Unscrew and remove the white cover from the device. **Do not shake** the turbuhaler[®]
2. Ensure that the turbuhaler[®] is not empty or past the expiration date.
3. To load the dose, hold the turbuhaler[®] upright and turn the colored grip as far as it will go one way and then twist the grip back the other way until it clicks. **Only load one dose at a time.**

Remember: 1 click = 1 dose

4. **Breathe out** normally and away from the device (Do not breathe out into the turbuhaler[®], you will lose your dose).
5. Place the mouthpiece in your mouth between your lips, tilt your head back slightly and **breathe in forcefully** and deeply.
6. Remove the turbuhaler[®] from your mouth and **hold your breath for 10 seconds.**
7. For each dose, repeat steps 3-7.
8. Replace the cap when you are finished, this protects the powdered medication from moisture.



If you have any questions about using your inhaler device or your respiratory medications, talk to your doctor, pharmacist, or another health educator!

DIRECTIONS FOR USING A TURBUHALER[®]**~Summary of steps~**

1. **UNSCREW THE WHITE COVER**
2. **LOAD THE MEDICATION**
3. **TILT YOUR HEAD BACK SLIGHTLY**
4. **BREATHE OUT NORMALLY**
5. **PLACE THE MOUTHPIECE IN YOUR MOUTH**
6. **BREATHE IN FORECFULLY AND DEEPLY**
7. **REMOVE THE TURBUHALER**
8. **HOLD YOUR BREATH FOR 10 SECONDS**
9. **FOR EACH DOSE, REPEAT STEPS 3-8**
10. **REPLACE THE CAP WHEN FINISHED**
11. **ORDER A REFILL WHEN INDICATOR IS APPROACHING EMPTY**

~For more detailed instructions, please see package insert~



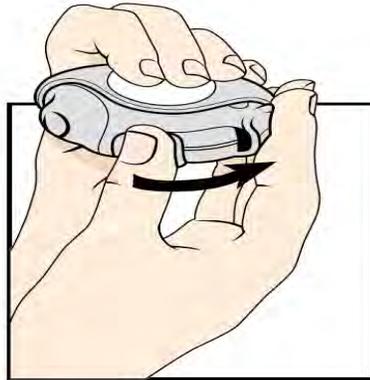
If you have any questions about using your inhaler device or your respiratory medications, talk to your doctor, pharmacist, or another health educator!!

DIRECTIONS FOR USING A DISKUS[®]

Following these instructions puts more of the medication into your lungs. This will open your air passages and may help you breathe easier and feel better.



1. Hold the outer casing of the Diskus[®] in one hand while pushing the thumb grip away until a click is heard



2. Hold Diskus[®] with mouthpiece towards you, slide the lever away until it clicks. (This makes the dose available for inhalation and advances the dose counter).



3. Holding Diskus[®] level, breathe out gently away from the device, put mouthpiece in mouth and inhale in steadily and deeply.

4. Remove Diskus[®] from mouth and hold breath for about 10 seconds

5. If a second dose is required or ordered, repeat steps 1-4.

6. To close, slide the thumb grip back as far as it will go until a click is heard. This lever is automatically reset for the next dose.

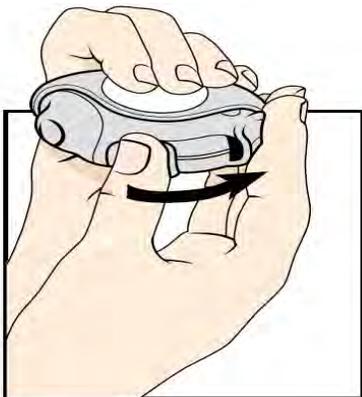
Counting your doses: The dose window on the top of the Diskus[®] tells you how many doses are left in the Diskus[®]. The numbers will turn red when there are only five doses of medicine left in the Diskus[®]. This will alert you to refill your medication. When the number is zero, all the medication is gone. Throw the Diskus[®] away.



If you have any questions about using your inhaler device or your respiratory medications, talk to your doctor, pharmacist, or another health educator!!

DIRECTIONS FOR USING A DISKUS[®]**~Summary of Steps~**

1. **HOLD THE DISKUS[®]**
2. **PUSH THE THUMB GRIP AWAY UNTIL A CLICK IS HEARD**



3. **SLIDE LEVER AWAY UNTIL IT CLICKS**
4. **HOLD DISKUS[®] LEVEL**
5. **BREATHE OUT AWAY FROM THE DEVICE**



6. **INHALE**
7. **HOLD BREATH FOR ABOUT 10 SECONDS**
8. **REPEAT, IF A SECOND DOSE IS NEEDED**
9. **CLOSE THE DEVICE**

~For more detailed instructions please see package insert~

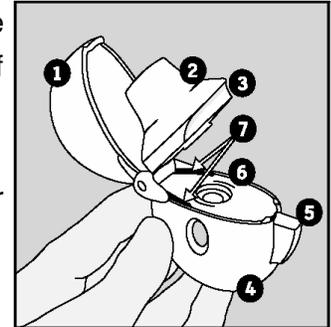


If you have any questions about using your inhaler device or your respiratory medications, talk to your doctor, pharmacist, or another health educator!!

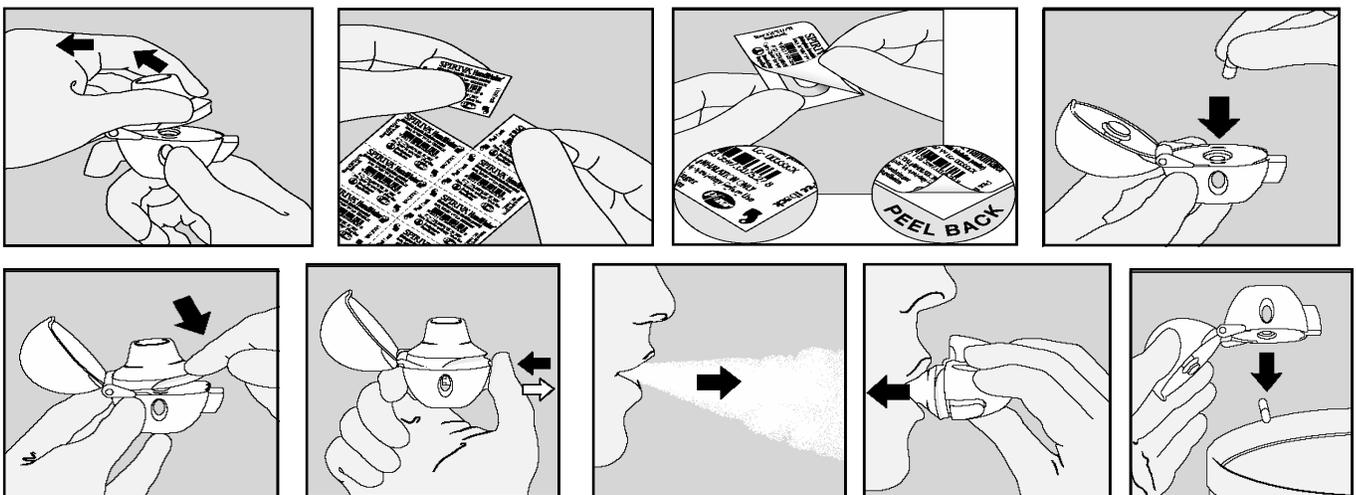
DIRECTIONS FOR USING A HANDIHALER®

Following these instructions puts more of the medications into your lungs. This will open your air passages and may help you breathe easier and feel better.

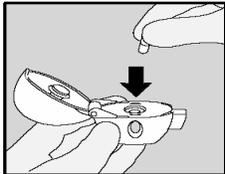
1. **Open the Handihaler®** by pulling up on the dust cap and then pulling up on the mouthpiece. This will expose the center chamber, where you will put the capsule of medicine.
2. There are two strips of capsules. Separate the two strips down the center.
3. Pull back on the wrapper just enough to get out one capsule. It is important the other capsules stay sealed until just before use.
4. **Place the capsule in the center chamber.**
5. Close the mouthpiece over the capsule until you hear a click.
6. **Press the button** on the side of the Handihaler® just **ONCE**. This will break the capsule open and release the powder for you to breathe in.
7. Sit up straight or stand. Breathe out all the way. Make sure you **NEVER BREATHE OUT** into the Handihaler®
8. Put the mouthpiece of the Handihaler® between your lips. Close your lips, and make a tight seal. **BREATHE IN FAST AND DEEP**. You should hear the capsule inside the Handihaler® vibrate.
9. Remove the Handihaler® from your mouth, and **HOLD** your breath for 10 seconds. If you cannot hold your breath for 10 seconds, hold your breath as long as you can. To ensure you got all the medication, repeat steps 7-9.
10. After you have take the medicine, pull up on the mouthpiece, and dump capsule in a trash can. Do not touch the capsule. Close the mouthpiece and the dust cap for storage. Wash your hands after using the device.



Parts of the Handihaler®	
1.	Dust cap
2.	Mouthpiece
3.	Mouthpiece ridge
4.	Base
5.	Piercing button
6.	Center chamber
7.	Air intake vents



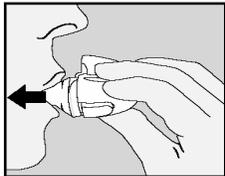
If you have any questions about using your inhaler device or your respiratory medications, talk to your doctor, pharmacist, or another health educator!!

DIRECTIONS FOR USING A HANDIHALER®**~Summary of Steps~**

1. DROP



2. PRESS



3. INHALE

4. CLOSE THE DEVICE

Cleaning your Handihaler®

- ◆ The Handihaler® should be cleaned once a month or as needed
 - ◆ Do not use soap, just rinse with water
1. Open the lid and lift up the mouthpiece, then lift up the piercing button to open the base.
 2. Rinse the Handihaler® with warm water to remove any powder.
 3. Tip out the excess water and leave the lid, mouthpiece and base open.
 4. Allow the Handihaler® to air dry (if at all possible for 24 hours)
 5. The Handihaler® will be ready for your next dose the following day

~For more detailed instructions, please see the package insert.~



If you have any questions about using your inhaler device or your respiratory medications, talk to your doctor, pharmacist, or another health educator!!

DIRECTIONS FOR USING A NEBULIZER

What is a nebulizer?

The nebulizer is the mouthpiece or mask that delivers the medicine into your mouth in a very fine mist. The cup holds the medicine. The compressor supplies the power to make it work.

Why do I need it?

The nebulizer sends the medicine straight into your lungs. This is an easy way to get the medicine to the right place.

There are many different types of compressors and nebulizers. It is suggested that you read the directions for each one before using, as only general directions are provided below.

General Step To Using A Nebulizer

1. PLUG IN THE COMPRESSOR TO A WALL OUTLET.
2. **ASSEMBLE THE PARTS** OF THE COMPRESSOR AS DIRECTED. (THIS MAY INCLUDE ALL OR SOME OF THE FOLLOWING PARTS TUBING, CUP, MASK, DOME, AND T-PIECES).
3. MEASURE THE MEDICINE INTO THE CUP.
4. START THE COMPRESSOR.
5. KEEPING THE CUP UP STRAIGHT, HOLD THE MOUTHPIECE IN YOUR MOUTH (OR MASK OVER YOUR MOUTH) AND TAKE SLOW, DEEP BREATHS.
6. YOU WILL **TAKE THESE SLOW BREATHS FOR ABOUT 5 TO 10 MINUTES**. AFTER THAT TIME, YOU WILL SEE AND HEAR THAT THE MEDICINE IS RUNNING OUT. SHAKE THE CUP DOWNWARD A FEW TIMES TO MAKE SURE ALL THE MEDICINE HAS COME THROUGH.
7. **YOU ARE DONE!**
8. TAKE APART THE PLASTIC PARTS OF THE NEBULIZER.
9. CLEAN THE PARTS AFTER YOU USE THEM EACH TIME.



If you have any questions about using your inhaler device or your respiratory medications, talk to your doctor, pharmacist, or another health educator.

DIRECTIONS FOR USING A NEBULIZER

Routine Cleaning



1. Performed only on days where the nebulizer was used
2. Each night, the medication nebulizer is disassembled and washed in warm soapy water, thoroughly rinsed, shaken and allowed to air dry over night
3. The mask can be wiped with a wet cloth. If the mask is cleaned each night like the medication nebulizer is, the strap will quickly degrade
4. Replacement Guide
5. Replace nebulizer and mask at least 4-6 times per year, unless use is rare
6. Store mask and medication nebulizer in a sealed bag once all parts are dry



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