

Metered Dose Inhalers

Directions for use:

1. Shake inhaler vigorously
2. Remove cap and inspect for foreign objects
3. Inhaler must be primed by actuating inhaler in air 4 times before initial use and 2 times if the inhaler has not been used in the last four days
4. Breathe out fully through the mouth to expel as much air from the lungs as possible
5. Hold the inhaler in an upright position and form a tight seal with the lips around the mouthpiece
6. While breathing in deeply and slowly through the mouth, depress the top of the metal canister



7. Hold breath for 5-10 seconds and then exhale
8. Repeat puffs as directed – waiting 1 minute between each inhalation
9. Rinse mouth out with water and spit (corticosteroid inhalers)

Examples:

Brand	Generic	Class
Proventil HFA®, ProAir HFA®	Albuterol	Beta agonist
Atrovent®	Ipratropium	Anticholinergic
Azmacort®	Triamcinolone	Corticosteroid
Flovent HFA®	Fluticasone	

Dry Powder Diskus

Directions for use:

1. Open inhaler by holding DISKUS in one hand and put the thumb of your other hand on the thumb grip then push your thumb away from you as far as it will go until the mouthpiece appears and snaps into position



2. Hold the DISKUS in a horizontal position with the mouthpiece towards you and slide the lever away from you until it clicks



3. Breathe out fully holding the inhaler away from the mouth
4. Put the mouthpiece to your lips and breathe in quickly and deeply



5. Remove the inhaler from the mouth and hold the breath for 10 seconds
6. Breathe out slowly
7. Rinse out mouth with water and spit (Advair®)
8. Close the inhaler by placing thumb in the thumbgrip and sliding towards you until it clicks

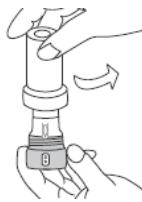
Examples:

Brand	Generic	Class
Advair®	Fluticasone/salmeterol	Corticosteroid/long acting beta agonist
Serevent®	Salmeterol	Long acting beta agonist

Asmanex® (Mometasone) Inhaled Corticosteroid

Directions for use:

1. Hold the inhaler straight up with the pink base on the bottom
2. Holding the pink base, twist the cap in a counterclockwise direction to remove it



3. The counter decreases by one and the dose is now loaded
4. Exhale fully
5. Bring inhaler to mouth in a horizontal position and close lips around mouthpiece



6. Inhale a fast, deep breath
7. Remove mouthpiece and hold breath for 10 seconds
8. Exhale
9. Wipe mouthpiece dry
10. Replace cap and turn clockwise until it clicks

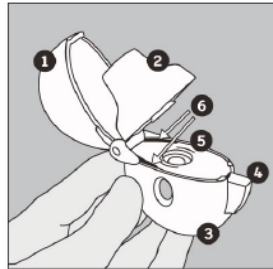


11. Rinse mouth with water and spit

Spiriva® Inhaled Anticholinergic

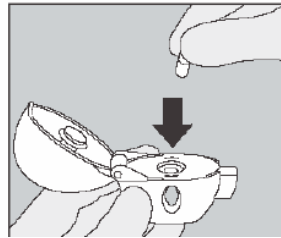
Directions for use:

1. Open dust cap by pulling it upwards and open mouthpiece



1. dust cap
2. mouthpiece
3. base
4. piercing button
5. center chamber
6. Air intake vents

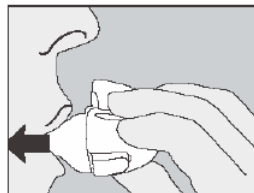
2. Insert capsule in center chamber and close mouth piece



3. Hold the device with the mouthpiece upwards and press the piercing button completely in once until it is flush against the base then release



4. Breathe out completely
5. Hold device by base, turn horizontally, close lips around mouthpiece, and inhale slowly and deeply (should hear/feel capsule vibrate)



6. Hold breath for 10 seconds
7. Exhale
8. Open mouthpiece and discard capsule

Peak Flow Meters and Action Plan

Peak Flow Meter

- Helps monitor asthma and response to treatment
- Based on individual's personal best
- Directions for use:
 - Stand up
 - Take a deep breath
 - Place meter in mouth with lips around mouthpiece
 - Blow out as hard and fast as possible
 - Repeat 2 more times
 - Record the highest of the 3 readings
 - Green zone = 80-100% of personal best
 - Yellow zone = 50-79% of personal best
 - Red zone = less than 50% of personal best



Action Plan

- Instructions for when and how to react to peak flow results
- Integral component of peak flow meter training