

# How to Take Your Inhaler Medicines

## Spray Inhaler

### With Open Mouth



1. Take off the cap, and make sure the opening is clean. Shake for 5 seconds.
2. Breathe out all the air in your lungs.
3. Hold the inhaler two finger widths away from your mouth as shown in the photo above left.
4. As you start to breathe in through your mouth, push down on the top of the inhaler and keep taking a slow, deep breath.
5. Hold your breath for 10 seconds.
6. Breathe out slowly through pursed lips (like cooling soup on a spoon).

### To clean your inhaler:

- Take out the medicine canister.
- Wash the plastic pieces in warm, soapy water.
- Rinse the pieces and dry them on a towel.
- When they are dry, put the medicine canister back in.
- Clean the inhaler every 2 weeks.

**If you use more than 1 puff of medicine, wait at least 60 seconds between puffs.**  
**If there is no dose counter, write down each time you use your inhaler so you will know when you have used up your medicine.**

### Inhaler In Mouth



1. Take off the cap, and make sure the opening is clean. Shake for 5 seconds.
2. Breathe out all the air in your lungs.
3. Put the inhaler in your mouth, and close your lips tightly around the opening of the inhaler.
4. As you start to breathe in through your mouth, push down on the top of the inhaler and keep taking a slow, deep breath.
5. Hold your breath for 10 seconds.
6. Breathe out slowly through pursed lips (like cooling soup on a spoon).

### To prime your inhaler:

- If the inhaler is new, follow the package insert instructions before use.
- If the inhaler has been used, check the package insert instructions to find out when it needs to be primed. For example: some inhalers need to be primed after 3 days, others after 14 days.