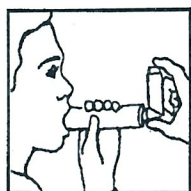

Using An Inhaler



A. Spacer Technique



B. Mouth Technique

- ① Press down on the inhaler to release medication as you start to breathe in slowly.
- ② Breathe in slowly (3 to 5 seconds).
- ③ Hold your breath for 5-10 seconds to allow the medicine to reach deeply into your lungs.
- ④ Repeat puff as directed. Waiting 1 minute between puffs may permit second puff to penetrate your lungs better.

Spacers/holding chambers are useful for all patients. They are particularly recommended for young children and older adults and for use with inhaled corticosteroids.

Avoid common inhaler mistakes. Breathe out before pressing your inhaler. Inhale slowly. Breathe in through your mouth, not your nose. Press down on your inhaler at the start of inhalation (or within the first second of inhalation). Keep inhaling as you press down on inhaler. Press your inhaler only once while you are inhaling (one breath for each puff). Make sure you breathe in evenly and deeply.



C. Dry Powder Technique

To use a dry powder inhaler, close mouth tightly around the mouthpiece of the inhaler and inhale rapidly.



Modified from Figure 4-3 (page 73) in Guidelines for the Diagnosis and Management of Asthma, Expert Panel II, 1997

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