







RESCUE METERED DOSE INHALERS (MDIs)
 (FOLLOW WRITTEN AND CIRCLED DIRECTIONS)

Patient: _____

Physician: _____

Inhalers	Name	Inhalations (Puffs)	Times per day	Frequency	What Can I Expect?	Primary Action & Type of Medication
	Atrovent® HFA (ipratropium)	_____	_____	Everyday	Works within 15-30 minutes Less mucus each day	Opens large airways <i>Short-acting anticholinergic</i>
	Combivent® (ipratropium/ albuterol)	_____	_____	Everyday	Works within minutes Less mucus each day	Opens large and small airways <i>Short acting anticholinergic/short-acting beta-2 agonist</i>
	ProAir® HFA (albuterol)	_____	_____	Contact physician if taking more than _____ puffs per day	Works within minutes May feel jittery	Opens small airways <i>Short-acting beta-2 agonist</i>
	Proventil® HFA (albuterol)					
	Ventolin® HFA (albuterol)					
	Xopenex HFA™ (levalbuterol)					

How and when to prime your rescue inhaler (metered dose inhaler (MDI)):

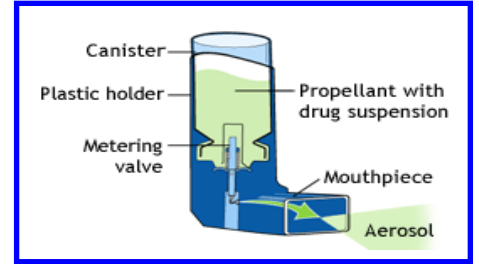
- Prime inhaler if new, has not been used in 2 weeks, or as directed on package insert.
- Remove cap → shake inhaler → spray it once away from you → repeat for a total of 3-4 sprays

How to clean your rescue MDI:

1. Remove the medication canister from the plastic base.
2. Clean the base once a week with warm soapy water, rinse, and let air dry before replacing the canister back in the plastic base.

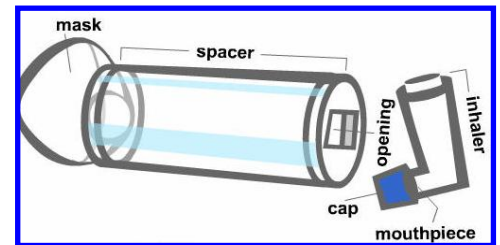
How to use your rescue metered dose inhaler (MDI):

1. Remove MDI-HFA cap. Place middle or index finger on top of canister and thumb underneath the mouthpiece of the inhaler.
2. Shake inhaler for 5-10 seconds.
3. Exhale fully (in preparation to inhale medication).
4. Position mouthpiece between your teeth and keep lips open.
5. Tilt your head back slightly and start to inhale slowly through open lips.
6. Press canister ONE time to release medication. Continue to inhale slowly until lungs are full (do not exhale).
7. Hold your breath for 5-10 seconds, and then exhale.
8. If your physician has prescribed more than one dose (puff), wait one minute and repeat above.
9. If using a steroid inhaler, rinse mouth thoroughly after medication to decrease the risk of a mouth infection.



How to use a Spacer: If recommended for use with your inhaler.







1. Remove mouthpiece cap from your inhaler (MDI medication) and shake inhaler for 5-10 seconds.
2. Attach inhaler to spacer and then remove mouthpiece cap from spacer.
3. Hold spacer with the inhaler canister upright.
4. Exhale fully (in preparation to inhale medication).
5. Tilt head back slightly and put spacer to mouth and close lips around the mouthpiece (tongue and teeth should not obstruct the mouthpiece opening).
6. Release medicine into spacer; squeeze down canister ONE time.
7. Inhale the medication slowly and steadily. Continue to breathe in deeply until lungs are full (do not exhale).
8. Hold your breath for 5-10 seconds, and then exhale. (Repeat as directed.)



CONTROLLER METERED DOSE INHALERS (MDIs)
 (FOLLOW WRITTEN AND CIRCLED DIRECTIONS)

Patient: _____

Physician: _____

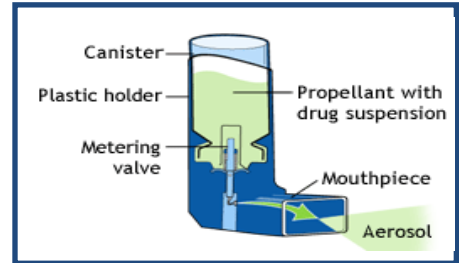
Inhalers	Name	Inhalations (Puffs)	Times per day	Frequency	What Can I Expect?	Primary Action
	Advair® HFA (fluticasone/ salmeterol) 45 mcg/21 mcg 115 mcg/21 mcg 230 mcg/21 mcg				Fewer episodes of coughing and wheezing	Decreases airway inflammation/ opens small airways <i>Inhaled steroid/ long-acting beta-2 agonist</i>
	Symbicort® (budesonide/ formoterol) 80 mcg/4.5 mcg 160 mcg/4.5 mcg	_____	_____	Every 12 hours	Will not provide immediate relief Rinse and swish mouth thoroughly with water and spit after use	
	Dulera® (mometasone/ fomoterol) 100 mcg/5 mcg 200 mcg/5 mcg					
	Alvesco® (ciclesonide) 80 mcg 160 mcg				Fewer episodes of coughing and wheezing	Decreases airway inflammation/ opens small airways <i>Inhaled steroid</i>
	Flovent® HFA (fluticasone) 44 mcg 110 mcg 220 mcg	_____	_____	Everyday	Will not provide immediate relief Rinse and swish mouth thoroughly with water and spit after use	
	QVAR® (beclomethasone HFA) 40 mcg 80 mcg					

How and when to prime your controller metered dose inhaler (MDI):

- Prime inhaler if new, has not been used in 2 weeks, or as directed on package insert.
- Remove cap → shake inhaler → spray it once away from you → repeat for a total of 3-4 sprays

How to use your controller MDI:

1. Remove MDI-HFA cap. Place middle or index finger on top of canister and thumb underneath the mouthpiece of the inhaler.
2. Shake inhaler for 5-10 seconds.
3. Exhale fully (in preparation to inhale medication).
4. Position mouthpiece between your teeth and keep lips open.
5. Tilt your head back slightly and start to inhale slowly through open lips.
6. Press canister ONE time to release medication and continue to inhale slowly until lungs are full (do not exhale).
7. Hold your breath for 5-10 seconds, and then exhale.
8. If your physician has prescribed more than one dose (puff), wait one minute and repeat above.
9. If using a steroid inhaler, rinse mouth thoroughly after medication to decrease the risk of a mouth infection.

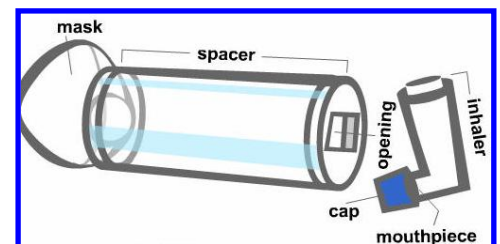


How to clean your controller MDI:

1. Remove the medication canister from the plastic base.
2. Clean the base once a week with warm soapy water, rinse, and let air dry before replacing the canister back in the plastic base.

How to use a Spacer: If recommended for use with your inhaler.




1. Remove mouthpiece cap from your inhaler (MDI medication) and shake inhaler for 5-10 seconds.
2. Attach inhaler to spacer and then remove mouthpiece cap from spacer.
3. Hold spacer with the inhaler canister upright.
4. Exhale fully (in preparation to inhale medication).
5. Tilt head back slightly and put spacer to mouth and close lips around the mouthpiece (tongue and teeth should not obstruct the mouthpiece opening).
6. Release medicine into spacer; squeeze down canister ONE time.
7. Inhale the medication slowly and steadily. Continue to breathe in deeply until lungs are full (do not exhale).
8. Hold your breath for 5-10 seconds, and then exhale. (Repeat as directed.)



CONTROLLER DRY POWDER INHALERS
(FOLLOW WRITTEN AND CIRCLED DIRECTIONS)

Patient: _____

Physician: _____

Inhalers	Name	Inhalations (Puffs)	Times per day	Frequency	What Can I Expect?	Primary Action
	Advair Diskus® (fluticasone/ salmeterol) 100/50mcg 250/50mcg 500/50mcg	_____	_____	Everyday	Fewer episodes of coughing and wheezing Will not provide immediate relief Rinse and swish mouth thoroughly with water and spit after use	Decreases airway inflammation/ opens small airways <i>Inhaled steroid/ long acting beta-2 agonist</i>
	Serevent® Diskus® (salmeterol)	_____	_____	Everyday	Will not provide immediate relief	Opens small airways <i>Long-acting beta-2 agonist</i>
	Flovent® Diskus® (fluticasone) 50mcg 100mcg 250mcg	_____	_____	Everyday	Fewer episodes of coughing and wheezing Will not provide immediate relief Rinse and swish mouth thoroughly with water and spit after use	Decreases airway inflammation <i>Inhaled steroid</i>

Diskus® Inhaler Instructions



Advair® Diskus® / Serevent® Diskus® / Flovent® Diskus®

1. Hold the Diskus® in one hand & put the thumb of your other hand on the notch & push towards the back until it snaps & the mouthpiece is revealed.
2. Hold inhaler horizontally with mouthpiece towards you. Push the lever to the back as far as it goes, until it clicks.
3. Exhale fully (in preparation to inhale medication.)
4. Seal your lips around the mouthpiece & tilt your head back slightly. Do not obstruct the mouthpiece with your teeth or tongue.
5. Take a deep breath through the mouthpiece. Remove inhaler from your mouth while holding your breath for 5-10 seconds. Exhale.
6. Close the Diskus® by sliding the thumb grip towards you.

CONTROLLER DRY POWDER INHALERS
(FOLLOW WRITTEN & CIRCLED DIRECTIONS)

Patient: _____

Physician: _____

Inhalers	Name	Inhalations (Puffs)	Times per day	Frequency	What Can I Expect?	Primary Action
	Asmanex® TwistHaler® (mometasone) 110 220	_____	_____	Everyday	Fewer episodes of coughing and wheezing Will not provide immediate relief	Decreases airway inflammation <i>Inhaled steroid</i>
	Pulmicort Flexhaler™ (budesonide) 90 180				Rinse and swish mouth thoroughly with water and spit after use	

Specific Controller Inhaler Instructions

Asmanex® TwistHaler®

1. Hold inhaler upright with the pink base on bottom & twist the white cap off, counterclockwise to set dose-counter.
2. Inhale a comfortable breath, hold a few seconds & exhale fully.
3. Place mouthpiece in your mouth, past your front teeth & tilt your head slightly backwards. Do not block air vents.
4. Inhale medication steadily & deeply through the mouthpiece until your lungs are full. Hold your breath for 10 seconds.
5. Remove device from mouth, then exhale (**NOT INTO THE MOUTHPIECE**).
6. To close, replace the cap and twist it clockwise until it clicks. (The cap must be fully closed to load the next dose.) Check to make sure that the arrow is lined up with the dose counter.
7. The number of doses remaining is shown in the dose-counter window in the pink base.


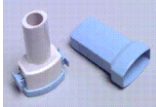
Pulmicort Flexhaler™

1. Twist the cover & lift it off while holding upright. If it is brand new, you need to **PRIME** before first use by twisting the brown grip fully to the right and back to the left, repeat once.
2. To take medication, twist the brown grip fully to the right then twist it back again to the left until you hear a “click”.
3. Turn your head away from the inhaler and exhale fully.
4. Place the mouthpiece in your mouth past your teeth & close your lips around it. Inhale medication deep and forceful.
5. Hold your breath for 5-10 seconds, and then exhale.
6. If more than one dose is required, repeat steps 3-6.
7. Place the cover back on the Flexhaler™ and twist shut.

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Patient: _____

Physician: _____

Inhalers	Name	Inhalations (Puffs)	Times per day	Frequency	What Can I Expect?	Primary Action
	Spiriva® HandiHaler® (tiotropium)	_____	Once daily	Everyday	Less mucus each day	Opens large airways <i>Long-acting anticholinergic</i>
	Foradil® Aerolizer® (formoterol)	_____	_____	Everyday	Will not provide immediate relief	Opens small airways <i>Long-acting beta-2 agonist</i>

Specific Inhaler Instructions

Spiriva® HandiHaler®

1. Open the dust cap by pressing on the green piercing button & pull cap upwards exposing mouthpiece. Then, open mouthpiece by pulling mouthpiece ridge upwards revealing the center chamber.
2. Separate one Spiriva® blister from pack. Open only one daily, immediately before use. **DO NOT SWALLOW CAPSULE.**
3. Insert capsule in the center chamber of the device. Close the mouthpiece firmly until you hear a click.
4. Holding the HandiHaler® device upwards, press green piercing button until it is flush against the base and release. **DO NOT PRESS THE GREEN PIERCING BUTTON MORE THAN ONCE.**
5. Breathe out completely, **NOT INTO THE HANDIHALER.**
6. **TO TAKE DOSE**, hold the HandiHaler® horizontally by the base & close your lips tightly around the mouthpiece.
7. Breathe in slowly & deeply. You should hear or feel the capsule rattling or vibrating. Inhale until the lungs are full.
8. Remove mouthpiece from your mouth & hold your breath as long as comfortable. Exhale & resume normal breathing.
9. To ensure you get the full dose, repeat steps 5-8. **DO NOT PRESS THE GREEN BUTTON AGAIN.**
10. After finishing taking your dose, discard capsule into wastebasket (never touch the used capsule). Close the HandiHaler®.


Foradil® Aerolizer®

1. Pull off cover & open mouthpiece by twisting in the direction of the arrow.
2. Remove capsule from blister immediately before use, place capsule in chamber & twist mouthpiece to close. You will hear a click when it is closed completely.
3. Holding device upwards, press the two blue piercing buttons simultaneously one time and release them.
4. Inhale a comfortable breath, hold a few seconds & exhale fully.
5. Place mouthpiece in your mouth, past your front teeth, with the blue buttons on the sides. Tilt your head back slightly & inhale quickly & deeply. You should hear a whirring noise & experience a sweet taste in your mouth.
6. Hold your breath as long as comfortable and then exhale. **DO NOT EXHALE INTO THE AEROLIZER.**
7. Repeat steps 4-6. Then remove the empty capsule & replace the cover.

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Inhalers	Name	Inhalations (Puffs)	Times per day	Frequency	What Can I Expect?	Primary Action & Type of Medication
	Maxair® Autohaler® (pirbuterol)	_____	_____	Contact physician if taking more than _____ puffs per day	Works within minutes May feel jittery	Opens small airways <i>Short-acting beta-2 agonist</i>

Specific Rescue Inhaler Instructions

How to use your Maxair® Autohaler®:

1. Remove mouthpiece cover. Prime before first use (or over 48 hours from last use) by raising the top lever up & pushing the white test fire slide towards arrow (on bottom). Return lever to down position. Repeat one time.
2. To take medication, hold inhaler upright and raise lever on top until it snaps into place.
3. Hold inhaler around the middle, and shake several times. (Do not block air vents.)
4. Exhale fully and then seal lips tightly around mouthpiece, past front teeth.
5. Inhale deeply through mouthpiece with steady, moderate force until lungs are full. (You will hear a click.)
6. Hold breath for about 10 seconds, you may remove inhaler from your mouth. Exhale.
7. Lower lever (after each inhalation) while the inhaler is upright and cover. (Repeat as directed after 1 minute.)