

Asthma - Reactive Airway Disease

Self Care Instructions: Meter Dose Inhaler

Respiratory Care Department

Purpose: Your physician has ordered a meter dose inhaler to deliver an aerosolized medication for your lungs. These instructions will assist you in using the correct technique for insuring delivery of the proper medication dosage.

Instructions:

1. Sit or stand in upright position.
2. Remove dust cap and hold inhaler in an upright position.
3. Shake inhaler for 5-10 seconds before using.
4. Tilt your head back slightly and breathe out normally and completely.
5. Use the inhaler as shown below.

****Use Spacer (A spacer helps to deliver medication to your lungs). Spacers are available at the hospital pharmacy with a physician's prescription or the Respiratory Therapy Department).**

Inhaler Placement:



6. While inhaling slowly, firmly press down on the inhaler to release the medication.
7. Continue inhaling until you have taken the deepest breath possible.
8. Hold your breath for 10 seconds.

9. Exhale slowly through pursed lips to allow the medicine to reach deeply into your lungs
10. Repeat puffs as prescribed; waiting 1-2 minutes between puffs may permit second puff to go deeper into your lungs.
11. For maximum effect, a Spacer device is available from the Respiratory Therapy Department or through any Pharmacy with a physician's prescription.
12. To avoid loss of medication and prevent the valve from becoming plugged replace the dust cap
13. To clean, please refer to the Home Care Instructions: Equipment Cleaning.
14. If using a steroid inhaler such as Vanceril, Bechlovent, Aerobid, or Azmacort, always rinse mouth well afterwards. A Spacer device is recommended for use with all steroid inhalers to prevent a yeast infection in the throat.
15. If using more than one type of meter dose inhaler, use in order prescribed.

First Inhaler: Fastest-Acting Bronchodilator (i.e., Proventil, Alupent, Maxair, Ventolin)

Second Inhaler: Secondary Bronchodilator (i.e., Atrovent)

Third Inhaler: Preventive (i.e., Intal)

Fourth Inhaler: Inhaled Steroid (i.e., Vanceril, Azmacort, Aerobid)

Checking how much medicine is left in the canister:

This chart shows an easy way to check the amount of medicine left in your inhaler. Place the canister in a container of water and observe the position it takes in the water.

