

Powder Forms

Examples:



Your medication: _____

Instructions: _____

- 1) Hold your DISKUS/RESPICLICK inhaler
- 2) Pull the cover until you hear the click
- 3) The click means the medication is loaded and ready to use
- 4) Breathe out away from the device
- 5) Place mouthpiece in mouth and seal lips tightly around it
- 6) Breathe in deeply until you have taken a full breath
- 7) Remove inhaler from mouth but keep lips sealed and hold breath for 10 secs
- 8) Check to see how many doses you have left
- 9) _____
- 10) seconds

Steroid Forms

Your medication: _____

Instructions: _____

- 1) Follow instructions depending on whether you have a **powder** form inhaler or **HFA** form inhaler
- 2) To reduce risk of fungal infection in mouth or throat, either **drink water** or **rinse out mouth and throat** by gargling water after using your steroid inhalers

HFA Forms

Examples:



Your medication: _____

Instructions: _____

- 1) **Prime inhaler:** If it is your first time using, you have not used it in more than 14 days or you have dropped the inhaler
 - a. Prime inhaler by shaking well then spraying 2 puffs out away from your face
- 2) **Shake inhaler well** before each puff
- 3) Breathe out away from device
- 4) Take cap off and seal lips tightly around mouthpiece
- 5) Push top of canister all the way down while you breathe in deeply and slowly through your mouth
- 6) Remove inhaler from mouth but keep lips sealed and hold breath for 10 seconds
- 7) If healthcare provider has told you to use more sprays, wait 1 minute, shake the inhaler again and repeat steps 2 through 6

****If you are using an HFA inhaler with an aerochamber/spacer, please see additional instructions on how to use**