

Inhalers



Inhalers are used for management of asthma and chronic obstructive pulmonary disorder (COPD). They help to prevent and/or relieve symptoms such as wheezing, breathlessness, and coughing. Most individuals will need both a types of inhalers below.

Maintenance

VS

Rescue

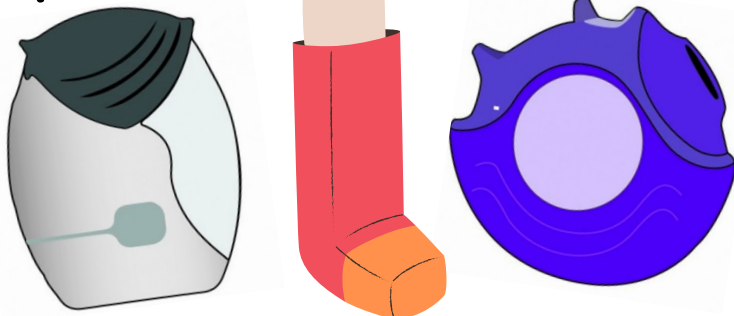
Used **every day** to prevent symptoms!

These take longer to see the full benefit. **Use it even when you do not have symptoms.** It can work to reduce inflammation and/or open up your airways.

These come in many different devices! It is important to know how to use your specific inhaler. **Ask your provider or pharmacist on the proper inhaler technique for the one you have!**

Use them as prescribed every day!

Think :



Used **as-needed** to relieve symptoms quickly!

These are **fast-acting** (works within minutes) medications that help to open up your airways.

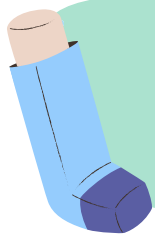


Keep track of how often you are using these. If you are using it >2 days/week, reach out to your provider to assess if you need to make changes to your medications. With good asthma control, your inhaler should last 1 year.

If your inhaler expires, be sure to get a new one! Be sure to keep this with you at all times.

Think :



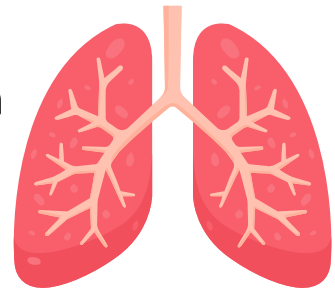


Tips for using inhalers



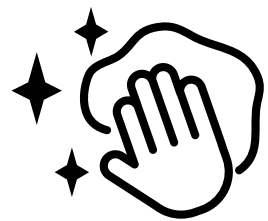
If you need to take more than 1 inhalation, separate each by at least **60 seconds**!

Be sure to inhale the medication and hold your breath for **10 seconds** to ensure the medication gets to your lungs. Do not swallow the medication.



For those who have difficulty with inhaling while pressing down the inhaler, a **spacer** can be used to help provide time to breathe in quickly. They can only be used with metered dose inhalers. Spacers should be cleaned once a week with warm, soapy water.

If your inhaler includes an **inhaled corticosteroid** (such as Flovent, Symbicort, or Advair), be sure to **rinse your mouth** afterwards to prevent thrush (a yeast infection in the mouth)! A spacer can also help to reduce your risk of thrush.



Be sure to **clean your inhaler once a week** to prevent medication build up and ensure you get your full dose. For most metered dose inhalers, you may wipe the mouthpiece with a damp cloth. For dry powder inhalers, wipe the mouthpiece with a clean, dry cloth. **Be sure to check the specific instructions for cleaning your inhaler.**