

INHALER INSTRUCTIONS

All inhalers should be stored and used at room temperature.

All inhalers should be used with a valved holding chamber (VHC) or closed mouth technique.

Open mouth technique is not valid for these inhalers.

After using any inhaled corticosteroid the patient should be instructed to rinse their mouth out and expectorate the water.

| MEDICATION | PRIMES | WHEN TO REPRIME | TIME BETWEEN SPRAYS | NUMBER OF DOSES | CLEANING INSTRUCTIONS | OTHER NOTES All have counters unless noted here |
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| | | | | (**) denotes institution size | | |
| ProAir HFA® (albuterol) 90 mcg per actuation | 3 | > 14 days | 1 minute | 200 | Clean plastic actuator weekly with warm running water for 30 seconds. Dry overnight. DO NOT get metal canister wet. Once actuator is dry insert canister in the actuator, shake well and spray twice. | |
| ProAir Respiclick® (albuterol) Breath Actuated Device 90 mcg per click | 0 | Never | Not noted in package insert | 200 | If mouthpiece needs cleaning, gently with it with a dry cloth or tissue. DO NOT USE WITH SPACER OR VALVED HOLDING CHAMBER. | Make sure cap is closed before each dose. Discard 13 months after removing from foil pouch or when counter is at 0. Hold inhaler upright as cap is opened. Do not let lips or fingers block vent above mouthpiece. |
| Ventolin HFA® (albuterol) 90 mcg per actuation | 4 | > 14 days Reprime if dropped. | 1 minute | 200 (Ventolin Reli-On 60) | Clean plastic actuator weekly with running water for 30 seconds. Dry overnight. DO NOT get metal canister wet. Once actuator is dry insert canister in the actuator, shake well and spray once. | Store the inhaler with the mouthpiece down |

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| Xopenex HFA® (levalbuterol) 45 mcg per actuation | 4 | > 3 days | 1 minute | 200 (**80) | Clean plastic actuator weekly with running water for 30 seconds. Dry overnight. DO NOT get metal canister wet. | <u>NO COUNTER</u> |
| CONTROLLERS | | | | | | |
| <i>Metered dose inhalers</i> | | | | | | |
| Advair HFA® (fluticasone/salmeterol) 3 strengths per actuation 45mcg/21mcg 115mcg/21mcg 230mcg/21mcg | 4 | > 4 weeks with 2 primes or if dropped | About 30 seconds | 120 (**60) | Wipe spray opening with dry Q-tip then wipe mouthpiece with clean damp tissue at least weekly. Do not take canister out of actuator. Allow to dry overnight before putting cap back on. | Put mouthpiece all the way into your mouth. Reprime if canister is dropped. Store with mouthpiece down. |
| Aerospan® (flunisolide) 80 mcg per actuation | 2 | >2 weeks | 20 seconds | 60 120 | No cleaning required per manufacturer | <u>NO COUNTER</u> |
| Alvesco® (ciclesonide) Available in 2 strengths 80 mcg/actuation 160 mcg/actuation | 3 | >10 days | None indicated | 60 | Wipe mouthpiece weekly with dry tissue or cloth | Does not need to be shaken before use. |
| Dulera® (mometasone/ Formoterol) 2 strengths per actuation 100 mcg/5 mcg 200 mcg/5 mcg | 4 | >5 days | 30 seconds | 120 (**60) | Wipe mouthpiece with dry wipe after every 7 days of use | Store 60 dose canister with mouthpiece down or sideways |
| Flovent HFA® 3 strengths per actuation 44 mcg 110 mcg 220 mcg | 4 | >7 days or if dropped | 30 seconds | 120 | Wipe spray opening with damp Q-tip then wipe mouthpiece with clean damp tissue weekly | Reprime if canister is dropped. Store with mouthpiece down. |

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| QVAR HFA® (beclomethasone) 2 strengths per actuation 40 mcg 80 mcg | 2 | > 10 days | None stated | 120 | Clean mouthpiece weekly with clean, dry tissue or cloth | |
| Symbicort HFA® (budesonide/formoterol) 2 strengths per actuation 80mcg/4.5mcg 160mcg/4.5mcg | 2 | > 10 days | None stated | 120 (**60) | Wipe inside and outside of mouthpiece with clean, dry cloth | Reprime if canister is dropped. Store with mouthpiece down. Discard within 3 months of opening the foil pouch. |
| Dry Powder Inhalers | | | | | | |
| Advair Diskus® (fluticasone/salmeterol) 3 strengths per actuation 100mcg/50mcg 250mgg/50mcg 500mcg/50mcg | 0 | NA | Never more than one dose | 60 (**14) | Do not wash the mouthpiece or any part of the diskus. | Hold diskus in level, flat position with the mouthpiece towards you. Slide lever away from you until it clicks. Once the lever is pushed back, don't close the diskus, do not tilt the diskus, do not play with the lever. Never breathe out into the Diskus. Discard one month after opening the foil pouch. |
| Arnuity® (fluticasone furoate) 2 strengths per actuation 100mcg 200mcg | 0 | NA | None stated | 30 (**14) | No cleaning instructions given. | Dose is loaded when inhaler is opened. Closing the cover without inhaling the medicine will cause a loss of that dose. Discard 6 weeks after opening tray or when empty. Do not breathe out into the mouthpiece. Do not block air vents with fingers. |

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| Asmanex® (mometasone) 2 strengths per actuation 110mcg 220mcg | 0 | 0 | None stated | 110mcg 30 (**7) 220mcg 14 30 60 120 | If the mouthpiece needs cleaning, gently wipe with dry cloth or tissue as needed. | Hold inhaler straight up. It is important that you remove the cap of the Twisthaler while it is in this upright position. Twist cap in counterclockwise direction to remove. Cap must be fully closed after each dose to load the next dose. CAP REMOVAL LOADS DOSE. Do not cover the ventilation holes while inhaling the dose. Discard 45 days after removing from the foil pouch or when empty. If taking only once daily, should be taken in the evening |
| Flovent Diskus® (fluticasone) 3 strengths per actuation 50mcg 100mcg 250mcg | 0 | NA | None stated | 60 (**28) | Do not wash the mouthpiece or any part of the diskus. | Hold diskus in level, flat position with the mouthpiece towards you. Slide lever away from you until it clicks. Once the lever is pushed back, don't close the diskus, do not tilt the diskus, do not play with the lever. Never breathe out into the Diskus. Discard one month after opening the pouch. |
| Pulmicort Flexhaler® (budesonide) 2 strengths per actuation 90mcg 180mcg | 2 | When first opened | None needed | 90mcg 60 180mcg 120 | Wipe outside once a week with a dry tissue | After two primes first dose must be loaded. Hold Flexhaler upright when opening. Twist brown grip fully in one direction as far as it will the twist it fully back in the other direction to load. Do not exhale into inhaler. Replace cover when done. |

Created by Christine Wagner, 5-2008, revised 11-24-15. Source of information Patient Instruction sheets, and pharmaceutical websites.