

## 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.**

With closed mouth or VHC the recommended technique is:

M'Lou's Rules of Five\*

1. Shake inhaler for five seconds
2. Exhale, place mouthpiece in mouth, spray and then inhale for five seconds
3. Hold breath for five seconds times 2 (10 seconds)

| MEDICATION                    | PRIMES | WHEN TO REPRIME | TIME BETWEEN SPRAYS | DOSES     | CLEANING INSTRUCTIONS  | OTHER NOTES  |
|-------------------------------|--------|-----------------|---------------------|-----------|--|--|
| <b>RELIEVERS</b>              |        |                 |                     |           |  |  |
| ProAir HFA®<br>90 mcg/puff    | 3      | >2 weeks        | 1 minute            | 200       | Clean weekly with running water for 30 seconds. Dry overnight. |  |
| Proventil HFA®<br>90 mcg/puff | 4      | >2 weeks        | 1 minute            | 200       | Clean weekly with running water for 30 seconds. Dry overnight. |  |
| Ventolin HFA®<br>90 mcg/puff  | 4      | >14 days        | 1 minute            | 60<br>200 | Clean weekly with running water for 30 seconds. Dry overnight. | Replace 6 months after removing from foil pouch. Reprime if canister is dropped. |
| Xopenex HFA®<br>45 mcg/puff   | 4      | >3 days         | 1 minute            | 200       | Clean weekly with running water for 30 seconds. Dry overnight. | Store inhaler with the actuator (or mouthpiece) down.                            |

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|---|--------|------------------------------|---------------------|-------|--|---|
| <b>CONTROLLERS</b>  |        |                              |                     |       |  |   |
| <b><i>Metered dose inhalers</i></b>                                 |        |                              |                     |       |  |   |
| Advair HFA®<br>45/21 mcg/puff<br>115/21 mcg/puff<br>230/21 mcg/puff | 4      | >4 weeks<br>with 2<br>primes | About 30<br>seconds | 120   | Wipe spray opening<br>with dry Qtip then wipe<br>mouthpiece with clean<br>damp tissue at least<br>weekly. Dry overnight. | Put mouthpiece all the way into<br>your mouth. Rinse mouth, spit<br>out water. Reprime if canister is<br>dropped.   |
| Alvesco HFA®<br>80mcg/puff<br>160 mcg/puff                          | 3      | >10 days                     | None<br>indicated   | 60    | Wipe Mouthpiece with<br>weekly with dry tissue<br>or cloth   | Does not need to be shaken<br>before use. Instructions state<br>patient should count doses in<br>addition to using dose indicator.  |
| Dulera HFA®<br>100/5 mcg/puff<br>200/5 mcg/puff                     | 4      | >5 days                      | About 30<br>seconds | 120   | Wipe Mouthpiece with<br>weekly with dry, lint<br>free tissue or cloth  | Do not remove canister from<br>plastic sleeve. Shake before<br>each prime.  |
| Flovent HFA®<br>44 mcg/puff<br>110 mcg/puff<br>220 mcg/puff         | 4      | >7 days<br>with 1<br>spray   | About 30<br>seconds | 120   | Wipe spray opening<br>with damp Qtip then<br>wipe mouthpiece with<br>clean damp tissue<br>weekly.                        | Reprime if canister is dropped.<br>Store mouthpiece down.   |
| QVAR HFA®<br>40 mcg/puff<br>80 mcg/puff                             | 2      | >10 days                     | None stated         | 100   | Clean mouthpiece<br>weekly with clean, dry<br>tissue or cloth.   | Rinse mouth with water after<br>treatment. Store QVAR so that<br>the product rests on the<br>concave end of the canister<br>with the plastic actuator on top.             |
| Symbicort HFA®<br>80/4.5 mcg/puff<br>160/4.5 mcg/puff               | 2      | >7 days                      | None stated         | 120   | Wipe inside and<br>outside of mouth piece<br>with clean, dry cloth.  | Rinse mouth with water. Spit<br>out the water. Reprime if<br>canister is dropped. Discard<br>within 3 months of opening the<br>foil pouch. Store with<br>mouthpiece down. |

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|---|---------------|------------------------|----------------------------|-------------------------------------|--|--|
| <i><b>Dry Powder Inhalers</b></i>                                       |               |                        |                            |                                     |  |  |
| Advair Diskus®<br>100/50 mcg/puff<br>250/50 mcg/puff<br>500/50 mcg/puff | 0             | NA                     | Never more than one dose   | 60                                  | 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 discus, do not tilt the diskus, and do not play with the lever. Never breathe out into the diskus. Rinse mouth with water after each dose. Spit the water out. Discard one month after opening the pouch. |
| Asmanex®<br>110 mcg/puff<br>220 mcg/puff                                | 0             | 0                      | None stated                | 110-30<br>220-14<br>30<br>60<br>120 | If the mouth piece 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. Cap must be fully closed after each dose to load the next dose. Do not cover the ventilation holes while inhaling the dose. Discard 45 days after removing from the foil pouch. If taking only once daily, should be taken in the evening.     |

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|--|---------------|------------------------|----------------------------|--------------|---|--|
| Flovent Diskus®<br>50 mcg/puff<br>100 mcg/puff<br>250 mcg/puff | 0             | NA                     |                            | 60           | 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, and do not play with the lever. Never breathe out into the diskus. Rinse mouth with water after each dose. Spit the water out. Discard one month after opening the pouch. |
| Pulmicort<br>Flexhaler®<br>90 mcg/puff<br>180 mcg/puff         | 2             | When first opened      | None needed                | 60<br>120    | Wipe outside once a week with a dry tissue.           | After two primes, first dose must be loaded. Rinse your mouth with water after each dose to reduce the risk of developing thrush. Do not swallow.  |

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