

## 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® 90 mcg/puff	3	>2 weeks	1 minute	200	Clean weekly with running water for 30 seconds. Dry overnight.	
Proventil HFA® 90 mcg/puff	4	>2 weeks	1 minute	200	Clean weekly with running water for 30 seconds. Dry overnight.	
Ventolin HFA® 90 mcg/puff	4	>14 days	1 minute	60 200	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® 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.

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

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<i><b>Dry Powder Inhalers</b></i>						
Advair Diskus® 100/50 mcg/puff 250/50 mcg/puff 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® 110 mcg/puff 220 mcg/puff	0	0	None stated	110-30 220-14 30 60 120	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® 50 mcg/puff 100 mcg/puff 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 Flexhaler® 90 mcg/puff 180 mcg/puff	2	When first opened	None needed	60 120	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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