

Dry Powder Inhaler, How to Use

Most asthma medicines are given with an inhaler that lets you breathe medicine directly into the lungs. There are different kinds of inhalers. Dry powder inhalers are not pressurized. Instead, the medicine is released when you quickly breathe in a deep breath with your lips on the inhaler.

Many people find the dry powder inhaler easy to use because they don't have to pump the canister while breathing in. You just inhale quickly and forcefully with the inhaler in your mouth.

The medicine may come inside a small capsule or in a disk inhaler. Several different types of medicines are available as dry powder inhalers, including:

- Bronchodilators (Spiriva HandiHaler)
- Inhaled steroids (Flovent Diskus)
- Combinations of a long-acting bronchodilator and an inhaled steroid (ADVAIR Diskus)
- Budesonide (Pulmicort Flexhaler)

Dry powder inhalers are not used with spacers.

Read and follow the instructions that come in the medicine package. If you do not understand how to use this medicine, ask your healthcare provider or pharmacist to explain.

1. To open the inhaler, push the thumbgrip away from you as far as it will go. You will hear a click and feel a snap. When open, the mouthpiece will appear.
2. Slide the mouthpiece lever away from you as far as it will go until it clicks. The inhaler is now ready to use. If you close the inhaler or push the lever again, you will lose medicine.
3. Turn your head away from the inhaler, and breathe out to the end of a normal breath. It is important that you not breathe into the inhaler. Breathing into a dry powder inhaler can clog the inhaler.
4. Hold the inhaler level, put the mouthpiece between your lips, and close your lips tightly around the mouthpiece.
5. Breathe in through your mouth as deeply as you can. Do not breathe through your nose.
6. Hold your breath and remove the mouthpiece from your mouth. It's best to hold your breath for 5 to 10 seconds, or as long as is comfortable. This gives the medicine time to settle in your airways and lungs.
7. Turn your head away from the inhaler and breathe out slowly. (Do not breathe into the inhaler.)
8. To close the inhaler, place your thumb on the thumbgrip, and slide it back toward you as far as it will go. You will hear it click shut.

The Spiriva Handihaler uses capsules of medicine. Do not swallow these capsules. Keep the capsules in the sealed package until you are ready to use them. To use the HandiHaler:

1. Open the inhaler by pulling the dust cap upwards. Then open the mouthpiece.

2. Place the capsule in the center chamber. It does not matter which end of the capsule is placed in the chamber.
3. Close the mouthpiece firmly until you hear a click, leaving the dust cap open.
4. Hold the HandiHaler device with the mouthpiece upwards and press the piercing button completely in once, and release. This makes holes in the capsule and allows the medicine to be released when you breathe in. Be careful not to get powder from the capsule in your eyes.
5. Turn your head away from the inhaler, and breathe out to the end of a normal breath. Do not breathe into the inhaler. (It can clog the inhaler.)
6. Raise the HandiHaler device to your mouth and close your lips tightly around the mouthpiece. Keep your head in an upright position and breathe in slowly and deeply, but forcefully enough so that you hear the capsule vibrate.
7. Hold your breath and remove the mouthpiece from your mouth. It's best to hold your breath for 5 to 10 seconds, or as long as is comfortable. This gives the medicine time to settle in your airways and lungs.
8. Turns your head away from the inhaler and breathe out slowly. (Do not breathe into the inhaler.)
9. After you have finished taking your daily dose, open the mouthpiece again. Tip out the used capsule and dispose. Close the mouthpiece and dust cap to store the HandiHaler device.

Keep the inhaler dry. Do not wash it. You may use a dry cloth to wipe it clean.

Make sure that you rinse your mouth with water after each use to help prevent thrush (a fungal infection that shows up as white spots on the tongue and in the mouth).

If you use other inhaled medicines, ask your healthcare provider or pharmacist which your child should use first. Use inhaled medicines 10 minutes apart from each other.

Do not store an inhaler in places that may get very hot or cold (like a car), or in a damp place like a bathroom.

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