HOW TO USE THE AEROCHAMBER

Method for patient who can use the device without help

1. Remove the caps of metered dose inhaler (MDI) and Aerochamber.
2. Shake the MDI and insert into the back of the Aerochamber.
3. Place mouthpiece in mouth; press canister once to release one dose of medication.
4. Take a deep, slow breath in. If you hear a whistling sound, you are breathing in too quickly.
5. Hold breath for about ten seconds; then breathe out through the mouthpiece.

Method particularly useful for young children

1. After removing the caps, shake the metered dose inhaler (MDI) and insert it into the back of the Aerochamber.
2. Place the mouthpiece in the mouth.
3. Encourage the child to breathe in and out slowly and gently so the device does not whistle.
4. Once the breathing pattern is well established, depress the canister to release one dose of medication. Leave the mouthpiece in position as the child continues to breathe in and out 5 more times.
5. Remove the Aerochamber from the child’s mouth.
5. For a second dose, wait a few seconds and repeat Steps 2-6.

ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE AEROCHAMBER
HOW TO USE A METERED DOSE INHALER

1. Remove the cap and hold inhaler upright.

2. Shake the inhaler.

3. Tilt head back slightly and breathe out gently.

4. Position the inhaler in one of the following ways:
   a. Open mouth with inhaler 1-2” away
   b. With a spacer
   c. In the mouth

5. With the inhaler in position begin to breathe in slowly and deeply and at the same time, depress the canister to release the medication.

6. Keep inhaling as you press down on the canister.

7. Hold breath for ten seconds if possible; then breathe out slowly.

8. If a second dose is needed, wait a few seconds before repeating steps 2-7.

9. Replace the cap.

ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE METERED DOSE INHALER
HOW TO USE THE HANDIHALER

To load the inhaler
- Separate one blister strip by tearing along the perforations.
- Open the dust cap of the Handihaler by pressing the green piercing button.
- Open the mouthpiece by pulling the mouthpiece ridge upwards.
- Peel back the foil where indicated by an arrow until capsule is fully exposed and remove it. Only open the blister immediately before you are going to use the capsule.
- Place the capsule in the chamber in the middle of the HandiHaler.
- Close the mouthpiece and press it down firmly until you hear a click.

To pierce the capsule
- Press in the green button on the side as far as it will go and then release.

To inhale the medicine
1. Breathe out completely. Be careful not to exhale into the inhaler.
2. Close your lips tightly around the mouthpiece.
3. Keeping your head upright, breathe in slowly and deeply. When you breathe in correctly, you will hear/feel the capsule vibrate.
4. Hold your breath for as long as is comfortable.
5. Remove the inhaler from your mouth and breathe out normally.
6. To empty the capsule completely, repeat steps 1 to 5.

To remove the capsule
- Open the dust cap and mouthpiece
- Tip out the capsule and throw it away.
- Close the mouthpiece and the dust cap.

To clean the inhaler
- Clean the HandiHaler once a month.
- Open the dust cap and mouthpiece.
- Open the base by lifting the piercing button.
- Rinse the inhaler in warm water to remove any powder.
- Tip off excess water and allow to air dry 24 hours leaving dust cap and mouthpiece open.
- If needed, clean mouthpiece with damp, NOT wet cloth.

Note: Only the designated medication should be used with this device.

ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE HANDIHALER
HOW TO USE THE DISKUS

1. Open the Diskus by holding the outer casing of the Diskus in one hand, while pushing the thumb grip away, until a click is heard.

2. Hold the Diskus with the mouthpiece towards you; slide the lever away until it clicks. This makes the dose available for inhalation and moves the dose counter on.

3. Holding the Diskus level, breathe out gently away from the device, put mouthpiece in mouth and take a breath in steadily and deeply.

4. Remove the Diskus from the mouth and hold breath for about ten seconds.

5. To close, slide the thumb grip back towards you as far as it will go until it clicks.

6. The dose counter counts down from 60 to 0. The last five numbers are red.

ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE DISKUS
HOW TO USE THE TWISTHALER

1. Open inhaler. Hold Twisthaler straight up with pink portion on the bottom.

2. Holding the pink base, twist the cap counterclockwise to remove it. As you remove the cap, the dose counter on the base will count down by one. This loads the medicine into the device.

3. Breathe out fully.

4. Bring the Twisthaler to your mouth with the mouthpiece facing toward you. Place it in your mouth holding it in a horizontal position. Firmly close your lips around the mouthpiece and take in a fast, deep breath. Since the medication is a very fine powder, there may be no taste and no sensation of having inhaled any medication.

5. Remove the Twisthaler from the mouth and hold breath for about ten seconds. Breathe out – but NOT into the Twisthaler.

6. After taking the medicine, wipe the mouthpiece dry and immediately replace the cap turning in a clockwise direction as you gently press down until you hear a click. This is the only way to be sure the next dose is properly loaded.

7. For a second dose, repeat steps 2-6.

8. The dose indicator window is on the pink base. When the unit reads 00 the cap will lock and the unit must be discarded.

ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE TWISTHALER
HOW TO USE THE FLEXHALER

1. Holding Flexhaler upright, unscrew and lift off the white cover.

2. To load the dose, hold Flexhaler upright with mouthpiece on top and twist the grip to the right and then back to the left until it clicks.

3. Do not shake the Flexhaler.

4. Place the mouthpiece between the lips and teeth and breathe in (inhale) as forcefully and deeply as possible. (With the Patient Trainer only, a whistle sound indicates you’ve inhaled correctly.) Even when a full dose is taken there may be no taste and no sensation of having inhaled any medication.

5. Remove the Flexhaler from the mouth and hold breath for about ten seconds.

6. Breathe out – but NOT in to the Flexhaler.

7. For a second dose, repeat steps 2-6.

8. The dose indicator window on the side of the Flexhaler shows how many doses are left. When an 0 on the red background reaches the middle of the window, the Flexhaler should be discarded.

9. When using a brand new Flexhaler, prime it before using the first time only. Twist the grip in one direction as far as it will go, then twist it fully back again in the other direction as far as it will go until it clicks. Repeat.

ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE FLEXHALER
HOW TO USE THE AEROLIZER

1. Remove the cap.

2. Hold inhaler at base and turn mouthpiece in direction of arrow.

3. Place capsule in compartment in the base of the inhaler.

4. Twist mouthpiece to closed position.

5. Hold inhaler upright, squeezing two blue buttons inwards on base of inhaler to pierce the capsule; then release.


7. Insert mouthpiece into mouth, sealing lips and teeth around mouthpiece.

8. Breathe in quickly and deeply.

9. Hold breath for the count of ten, or as long as is comfortable.

10. Breathe out gently.

11. Discard capsule from compartment in base of inhaler.

12. Replace cap.

ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE AEROLIZER
HOW TO USE THE AUTOHALER DEVICE

1. Remove the cap by pulling down on the tiny lip at the back.

2. Shake the inhaler.

3. Hold inhaler upright and push the top lever up.

4. Breathe out gently. Keeping the inhaler upright, seal the lips firmly around the mouthpiece. Do not block the air vents on the bottom of the device.

5. Breathe in steadily through the mouth. DON'T stop breathing when the inhaler 'clicks;' continue taking a really deep breath.


7. If a second dose is needed, wait several seconds before repeating steps 2-6.

8. If this is a brand new Autohaler, or if it has not been used for 48 hours, it should be primed before use.

9. To prime the device: Raise the top lever. Press the white test fire slide on the bottom of the inhaler (not shown) in the direction of the arrow. Depress the lever. Repeat Step 9 once more for two priming sprays.

ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE AUTOHALER

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HOW TO USE THE NEBULIZER*

1. Clean and/or disinfect nebulizer before using.

2. Remove top of nebulizer by twisting counter clockwise.

3. Pour prescribed medication into nebulizer cup.

4. Replace top of nebulizer.

5. If using a mask, attach it directly to nebulizer outlet.

6. If using a mouthpiece, attach it so the blue valve is facing up.

7. Connect tubing to air intake at bottom of nebulizer cup.

8. Sit in relaxed, upright position and turn on air compressor.

9. Close lips around mouthpiece, place mouthpiece on top of tongue and inhale the aerosol mist slowly through the mouth.

10. If using a mask, place mask over mouth and nose and inhale aerosol mist slowly.

11. Exhale slowly.

12. Continue steps 9 – 11 until medication is gone or you hear a sputtering sound.

13. Turn off air compressor.

14. Disconnect tubing from bottom of nebulizer air intake.

15. Disassemble nebulizer and follow printed instructions for cleaning and disinfecting.

ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE NEBULIZER

*Pari LC Plus nebulizer
HOW TO USE THE INSPIREASE

1. Connect the mouthpiece to the reservoir bag by lining up the locking tabs with the opening in the reservoir bag.

2. Untwist the reservoir bag gently to open it to its full size. Shake the “spray inhaler” well before placing its stem in the mouthpiece. Make sure the stem sits in the center of the mouthpiece filler. Place actuation aid over “spray inhaler” canister, fitting grooves into matching slots in the mouthpiece.

3. Place mouthpiece in mouth and close lips tightly around it.

4. Place fingers on fingerholds with thumb under mouthpiece on thumbhold, and pull down with fingers to release one dose of medication into the bag.

5. Breathe in slowly through the mouthpiece. Breathe slowly enough that no whistling sound is heard.

6. Breathe in the entire contents of the bag and the bag is completely collapsed.

7. Hold your breath while counting slowly to 5.

8. Breathe out slowly into the bag.

9. Repeat steps 5 - 8 a second time, keeping lips tightly closed around the mouthpiece.

10. Remove the mouthpiece from your mouth. Unlock mouthpiece from the bag by untwisting and pulling the two apart. Twist the bag into its collapsed position. Store all components in carrying case.

ALWAYS DEMONSTRATE TO THE PATIENT HOW TO USE THE INSPIREASE