

How to use your inhaler with an open-mouth technique

Steps:

1. Shake the inhaler 3-4 times, then remove the cap.
2. It is best to use your inhaler while standing up.
3. Open your mouth wide and hold inhaler 1 inch from your lips (2 finger-widths away from mouth).
4. Breathe out normally.
5. As you begin to breathe in, squeeze down on the inhaler canister and continue to breathe in slowly.
6. Hold your breath while you count to 10.
7. Wait at least 1 minute and repeat steps 3-6.



Inhaler



Inhaler with open mouth technique

Comments:

If you see the medicine “smoke” come out of your mouth, you either did not breathe in at the right time or you didn’t breathe in deeply enough. In this case, it is OK to repeat the dose.

Common mistakes made when using your inhaler:

- Wrapping your lips around the mouthpiece
- Breathing in too quickly
- Not holding your breath long enough
- Not waiting 1 minute before taking the 2nd puff or not taking the 2nd puff at all
- If your inhaler has a counter, notice the number of puffs left. When the counter is at “0,” there is no more medicine in the puffer.

Cleaning:

Wash canister holder once a week in clear dish soap, rinse well and air dry.



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