

Inhaler Use



“Wet” Metered Dose Inhaler. Requires priming with 2 to 3 test sprays before first use

Types of Inhalers

“Wet” Metered Dose Inhaler:

- Often “L” shaped
- Shake well before each use
- Requires priming with 2 to 3 test sprays before 1st use
- Can be used with a spacer

Dry Powder Inhaler:

- Often a single “disk” or “tube” shaped
- Does not require shaking
- Does not require priming after activating and loading the first dose
- Capsules are for use with inhaler only- they should NOT be swallowed

Steps for use

1. Take off the cap and shake the inhaler. If using a dry powder inhaler, just open it
2. Breathe out all the way
3. As you start breathing in slowly through your mouth, press down on the inhaler. If using a dry powder inhaler it is ready to be inhaled after activation
4. Hold your breath for 10 seconds if you can
5. Breathe out slowly
6. If you require another puff, wait about a minute then repeat



Dry Powder Inhaler. Does not require priming or shaking for first use.

What to do if you have more than one inhaler

- Always use inhaler that opens the airway first (e.g., albuterol, Serevent, Foradil)
- Wait about 1-5 minutes after using the first inhaler before using the second one
- Always use your anti-inflammatory inhaler last (see Table below)
- If you use an anti-inflammatory inhaler, always rinse your mouth with water

If you use the following Inhalers make sure to rinse your mouth with water after each use

Advair Diskus Pulmicort Turbuhaler

Advair HFA QVAR

Aerobid Symbicort

Asmanex Twisthaler

Azmacort

Flovent Diskus

Pulmicort Flexhaler