



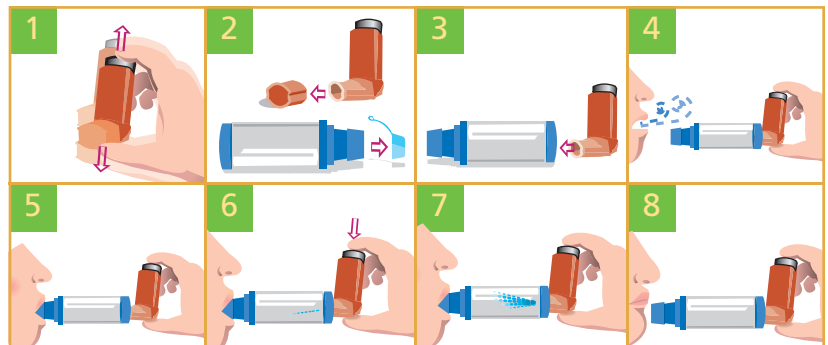
## Medications: Asthma Basics Booklet

### MDI and spacer

The Asthma Society recommends that anyone, of any age, using an MDI should consider using a spacer. Spacers are available for purchase from pharmacies.

To use your MDI with a spacer:

- 1 Shake the inhaler well before use (three or four shakes)
- 2 Remove the cap from your inhaler, and from your spacer, if it has one
- 3 Put the inhaler into the spacer
- 4 Breathe out, **away** from the spacer
- 5 Bring the spacer to your mouth, put the mouthpiece between your teeth and close your lips around it
- 6 Press the top of your inhaler once
- 7 Breathe in **slowly** until you've taken a full breath  
If you hear a whistle sound, you are breathing in too fast  
**Slowly** breathe in
- 8 Hold your breath for about ten seconds, then breathe out



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**Figure B.** Directions for appropriate inhaler use. (MDI = metered-dose inhaler.)

## MDI (puffer)

You should follow the instructions packaged with your medication.

The following is one way to use your inhaler.

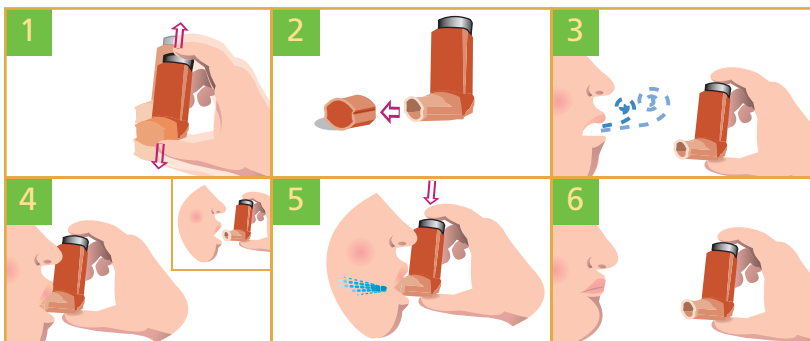
To use your MDI without a spacer:

- 1 Shake the inhaler well before use (three or four shakes)
- 2 Remove the cap
- 3 Breathe out, **away** from your inhaler
- 4 Bring the inhaler to your mouth. Place it in your mouth between your teeth and close your mouth around it.
- 5 Start to breathe in **slowly**. Press the top of your inhaler **once** and keep breathing in **slowly** until you've taken a full breath
- 6 Remove the inhaler from your mouth, and hold your breath for about ten seconds, then breathe out

If you need a second puff, wait 30 seconds, shake your inhaler again, and repeat steps 3-6.

Always write down the number of puffs you've taken so that you can anticipate when you need to refill your prescription.

Store all MDI's at room temperature.



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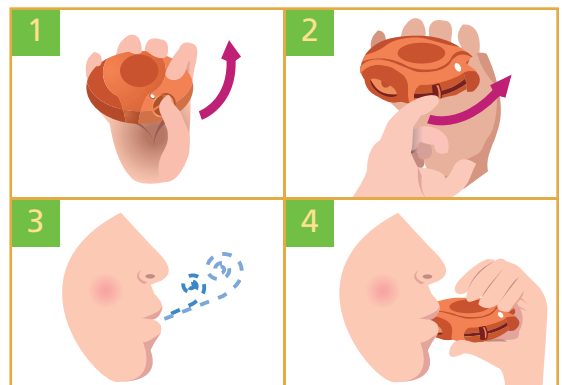
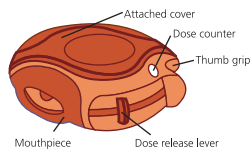
## Medications: Asthma Basics Booklet

### DISKUS®

To use your DISKUS® do the following for one dose:

- 1 Open your DISKUS®: hold it in the palm of your hand, put the thumb of your other hand on the thumb grip and push the thumb grip until it clicks into place
- 2 Slide the lever away from you as far as it will go to get your medication ready
- 3 Breathe out **away** from the device
- 4 Place the mouthpiece gently in your mouth and close your lips around it
- 5 Breathe in deeply until you've taken a full breath
- 6 Remove the DISKUS® from your mouth
- 7 Hold your breath for about ten seconds, then breathe out slowly

Always check the number in the dose counter window to see how many doses are left.



**Do not use a spacer with the DISKUS®, Turbuhaler® or any other dry powder inhaler**

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**eFigure B.** Directions for appropriate inhaler use.

## Turbuhaler<sup>®</sup>

To use your Turbuhaler<sup>®</sup>, do the following for one dose:

- 1 Unscrew the cap and take it off. Hold the inhaler upright
- 2 Twist the coloured grip of your Turbuhaler<sup>®</sup> as far as it will go, then twist it all the way back. You've done it right when you hear a "click"
- 3 Breathe out *away* from the device
- 4 Put the mouthpiece between your teeth, and close your lips around it. Breathe in forcefully and deeply through your mouth
- 5 Remove the Turbuhaler<sup>®</sup> from your mouth before breathing out
- 6 Always check the number in the dose counter window under the mouthpiece to see how many doses are left. For the Turbuhalers<sup>®</sup> that do not have a dose counter window, check the window for a red mark, which means your medication is running out. When finished, replace the cap

**\*Symbicort<sup>®</sup>:** For first time use, hold the inhaler upright, turn the grip as far as it will go in one direction and then turn it back again as far as it will go in the opposite direction. Repeat this procedure twice.

