

# Inhaler Instructions

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## Priming Inhaler

Your inhaler must be primed before you use it for the first time, when it has not been used for more than 14 days in a row, or if it has been dropped. Do not prime your HFA every day.

- Remove the protective cap from the mouthpiece
- Shake the inhaler well, and spray it into the air away from your face.
- Shake and spray the inhaler like this 3 more times (or as indicated in package insert) to finish priming it. After you prime the actuator for the first time, the dose counter in the window on the back of the actuator should show the number of the size inhaler you have (60 or 200 inhaler)

## Each Time You Use Your Inhaler

- Make sure the canister fits firmly in the plastic actuator
- Look into the mouthpiece to make sure there are no foreign objects there, especially if the strap is no longer attached to the actuator or the cap has not been used to cover the mouthpiece

## Using Your Inhaler

Step 1: **Shake the inhaler well** before each spray. Take the cap off the mouthpiece of the actuator

Step 2: Hold the inhaler with the mouthpiece down.

Step 3: Breathe out through your mouth and push as much air from your lungs as you can. Put the mouthpiece in your mouth and close your lips around it or hold the inhaler 1 - 2 inches in front of your mouth (about the width of 2 fingers).

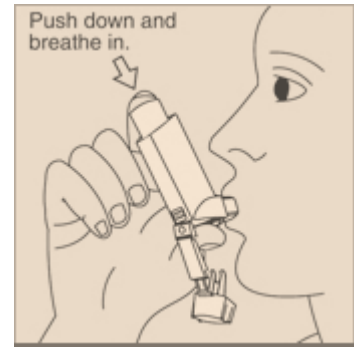
Step 4: Push the top of the canister all the way down while you breathe in deeply and slowly through your mouth.

Step 5: Right after the spray comes out, take your finger off the canister. After you have breathed in all the way, take the inhaler out of your mouth and close your mouth.

Step 6: **Hold your breath as long as you can**, up to 10 seconds, then breathe normally.

**For the second spray wait 1 minute and shake the inhaler again.** Repeat Steps 2 through Step 6.

Step 7: Put the cap back on the mouthpiece after every time you use the inhaler. Make sure the cap snaps firmly into place.



See Package Insert for more detailed instructions.

Sources and/or additional resources:

MedLine Plus: <http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000041.htm>

COPD Alert: <http://www.copd-alert.com/AerosolDrug.pdf>

If you are a registered Millersville University student and you have questions or you need to make an appointment, please call Millersville University Health Services at 871-5250.