

ASTHMA INHALER TEACHING SCRIPT

A. *Explain why this is important:*

Inhalers are small-pressurized containers that deliver a measured amount of medicine as a mist that is inhaled into the lungs. An inhaler should always be used with a spacer/holding chamber. Holding chambers/spacers slow the medicine so the medication can be inhaled easier and further into the lungs.

Some inhalers should never be used with a holding chamber/spacer, these include: Maxair Autohaler®, Azmacort, Pulmicort Turbuhaler®, Ventolin Rotocaps®, and Serevent Diskus®.

B. *Demonstrate technique.*

1. Stand up or sit up.
2. Shake the inhaler well to mix up the medicine (5-10 seconds).
3. Remove the cap from the inhaler and the spacer. Inspect the inhaler and spacer to make sure there is nothing in the inhaler and spacer that could be accidentally inhaled.
4. Insert the inhaler into the spacer. Hold the inhaler upright or it will not spray.
5. Put the mouthpiece into your mouth over your tongue and between your teeth. Close your lips around it while tilting your head and the inhaler back slightly.
6. Breathe normally. When ready, exhale fully without forcing.
7. Press down on the inhaler while breathing in slowly.
8. Breathe slowly and deeply through your mouth, taking at least 3 to 5 seconds to fill your lungs completely. Breathing too fast makes the medicine stick to the back of the mouth instead of going into the airways.
9. Try to hold this breath for 10 seconds.
10. If using a bronchodilator, wait 1-3 minutes between puffs. Waiting between puffs allows the bronchodilator to open the airway and allows the second puff to reach further into the lungs.** If using a bronchodilator and corticosteroid inhaler, always use the bronchodilator inhaler first.
11. Rinse your mouth after using a corticosteroid inhaler.

B. *Cleaning your inhaler and spacer.*

1. Clean your inhaler by removing the metal canister and washing the mouthpiece and cap in warm water.
2. Clean your spacer and cap in warm running water. Mild soap may be used.

3. Make sure your spacer and inhaler mouthpiece are completely dry before reusing.
**Never run your inhaler mouthpiece and spacer through the dishwasher.

C. Inspirease® instructions.

Inspirease® spacers are often used with metered dose inhalers and are especially easy for children to use.

1. Connect the mouthpiece to the reservoir bag by lining up the locking tabs with the opening in the reservoir bag. Push in and twist to lock.
2. Untwist the reservoir bag gently to open it to its full size. Shake the inhaler well before placing it in the mouthpiece. Some inhalers may fit more loosely than others. You may use the actuation aid by placing it over the inhaler. Fit the grooves of the aid 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 the mouthpiece in thumbhold. Pull down on the inhaler canister to release one puff of medicine into the Inspirease® spacer.
5. Breathe in slowly through the mouthpiece. If you hear a whistling sound, breathe slower until no sound can be heard.
6. Breathe in the entire contents of the bag. You will know to stop when the bag collapses and you cannot breathe in anymore.
7. Hold your breath while slowly counting to five.
8. Breathe out slowly into the bag.
9. Repeat the breathing in and out steps a second time, keeping lips tightly closed around the mouthpiece.
10. If you are instructed by your doctor to take more than one puff, repeat all the above steps.

D. Cleaning the Inspirease® spacer.

A. Rinse the mouthpiece with warm running water. Thoroughly dry your mouthpiece before storing. The Inspirease® bag should not be washed, but should be replaced on a regular basis.