
Using Single-Dose Dry-Powder Inhalers (DPIs)

You have been prescribed a single-dose dry-powder inhaler (DPI). It uses a powdered medicine capsule. You must put a new capsule into the inhaler each time you use it. Your healthcare provider will show you how to use this inhaler. It's important to inhale correctly when using asthma medicines. Here is a helpful step-by-step. Keep in mind that not all single-dose DPIs work in the same way. Always follow the instructions from your healthcare team or the instructions that come with your medicine.

Using a single-dose DPI

1. Wash your hands with soap and clean, running water.
2. Pull off the cap of the inhaler. Then hold the bottom of the inhaler and tilt open the mouthpiece. You will see a small empty space in the middle of the inhaler. That is where the medicine capsule will go.
3. Remove the medicine capsule from the package.
4. Place the capsule in the space in the middle of the inhaler.
5. Close the mouthpiece. It will make a clicking sound when fully closed.
6. Hold the inhaler straight. Press in the 2 buttons on the sides of the inhaler. These buttons will make holes in (puncture) the capsule. You will hear a click when this happens. Then stop pressing the buttons.
7. Turn your head away from the inhaler. Breathe out gently.
8. Tilt your head back slightly. Hold the inhaler so that the buttons are on the right and left side. Then put the mouthpiece between your lips. Close your lips tightly around it.
9. Breathe in fast and strong through the inhaler. Don't breathe in through your nose. You will hear a whirring sound. This is because the capsule spins around as you breathe in.
10. Take the inhaler out of your mouth. Keep your lips closed. Hold your breath for up to 10 seconds.
11. Turn your head away from the inhaler. Breathe out slowly through your mouth.
12. Open the mouthpiece. Check to see if any powder is left inside. If there is still some powder there, repeat steps 7 to 11.
13. When all the powder is gone, take out the used medicine capsule. Throw it away.
14. Close the mouthpiece. Put the cap back on the inhaler.
15. Rinse your mouth with water. Spit the water out.