

How to Use a Powder Inhaler (Egg Style)

Doron Schneider, MD

For patients with lung problems such as asthma or COPD, an inhaler can be a lifesaving medication. While there are many different kinds of inhalers, your doctor will prescribe the right one to help you keep your breathing in check. Let's watch as a healthcare professional shows a patient how to correctly use an inhaler.

Doctor

How are you doing?

Dave

Oh, pretty good Doc.

Doctor

Good to see you. We saw each other about a month ago. And at the time I gave you this rescue medication to help you breathe. How is your breathing doing?

Dave

Actually I've been using this rescue inhaler frequently, but I'm still wheezing and coughing.

Doctor

Coughing up phlegm in the morning and at night? We shouldn't be using this all the time, so there is another drug I'd like to try. Okay?

Dave

Okay.

Doctor

And it's called a controller drug, and it comes in this kind of egg-looking device. We open the top, we open the mouthpiece, and there's a hole here, and in that hole we place a capsule. That capsule goes in there. We close the mouthpiece, and we puncture that capsule by pushing that button one time. That releases the medication. And then I'm going to have you hold it like this. I want you to sit straight up now, and I want you to breathe out, and you're going to put this in your mouth. Breathe in deeply. Now hold your breath for about five to ten seconds. Breathe out again all the way, we are going to repeat it. Then you're going to take this capsule out and discard it, okay?

Dave

Okay.

Doctor

Now what's important here Dave, is you are going to do this every morning when you wake up.

Dave

Okay.

Doctor

Once a day. And what's also important is this is not to be used as a rescue medication. In other words, this is not to be used when you're short of breath during the day, coughing up excess phlegm.

Dave

Okay.

Doctor

This is a preventative type drug. It kind of minimizes your symptoms. Now I want you to teach me back.

Dave

Okay. Well first thing I do is open the top, then I open the mouthpiece, then I take the capsule and just put it in this little hole. Close the mouthpiece back. Then I press this button one time to crush the capsule and release the medicine. Then I hold it like this, exhale, and take a quick breath in. Exhale, then I do the same thing again. And then basically that's it. Then I open the mouthpiece, release the capsule and throw it in the trash, close the mouthpiece, and close the top.

Doctor

Okay. Very good job. When are you going to be doing this?

Dave

Every morning just like you told me.

Doctor

And if you're feeling good?

Dave

I'll take it anyway. Every morning.

Doctor

Okay that's good. Well we're going to check back in about a month with you.

Dave

Okay.

Doctor

And I'm hoping you come back and say you feel better. Which I'm almost certain you will.

Dave

Oh good.

Doron Schneider, MD

Knowing the right way to use your inhaler will help you to get the most out of this important medication. If you have any questions about how to correctly use your inhaler, talk to your doctor or pharmacist.

I'm Doctor Doron Schneider and this has been another tip to help you live a healthier life.