

How to Use Your Dry Powder Inhaler (DPI)

Hey mother, what do you call a pig that knows karate?

A pork chop. Get it?!

Hi ya! Ooohhh....

Mmmm...mmmm. Do you mind if we get back to business?

Taking your medicine the right way will help you control your asthma and prevent attacks.

A dry-powder inhaler (DPI) is a device that delivers medication to the lungs in the form of a dry powder. This medication should never be used as a rescue medication.

Advair, Flovent and Serevent are some of the DPI Diskus asthma medications most commonly used. When taking dry powder inhalers, you may not taste, smell, or feel the dry powder. But don't worry, as long as you are following the directions, you'll get your full dose of medication.

To help you, I'm going to use a technique called "teach-back."

That means I'll show you how to use your DPI, then I'll ask you to "teach back" what you learned so that I know you understood.

Sounds good!

One: Hold the Diskus in your left hand. Place the thumb of your right hand in the thumb grip. Push your thumb as far away from you as it will go. This action opens the Diskus to expose the lever underneath.

Two: Slide the lever away from you until it clicks. This action loads the dose of medication. You will see the dose counter decrease by one.

Three: Turn your head away from the Diskus and breathe out as much air as you comfortably can.

Four: Place the Diskus mouthpiece in your mouth and breathe in strong and steady but not too fast, and fill your lungs completely.

Five: Hold your breath for up to 10 seconds.

Six: Remove the Diskus from your mouth and exhale slowly.

Seven: Close the Diskus by placing your thumb in the thumb grip and sliding the grip back toward you, as far as it will go. This action resets the inhaler so it is ready to use for the next treatment.

Eight: If you are using a corticosteroid medication, gargle, rinse, and spit after using the DPI. Do not swallow.

Any questions?

No, I think I got it.

This program is for informational purposes only. Publisher disclaims all guarantees regarding the accuracy, completeness, or suitability of this video for medical decision making. For all health related issues please contact your healthcare provider.

healthclips[®]

How to Use Your Dry Powder Inhaler (DPI)

Okay, can you “teach-back” what you just learned.

Sure. Can they help me?

Of course!

Hold the Diskus in your left hand, place your right thumb on the grip. Push your thumb all the way, the Diskus is open.

See the lever underneath, slide it ‘til it clicks. Now the dose is loaded, turn your head away. Turn your head away!

From the Diskus breathe out, as much air as you can. Place the Diskus mouthpiece in your mouth.

Breathe in strong and steady but not too fast. Fill your lungs completely.

Remove the Diskus, exhale slowly.

Now place your thumb in the grip. To close the Diskus, slide the grip back toward you as far as it will go. The Diskus is reset and ready for the next treatment you will have, as your doctor says. Then gargle, rinse and spit!

Very good!

Now before you go, I want to give you a few tips on how to care for your dry powder inhaler.

Keep your dry powder inhaler in a dry place at room temperature.

Never place the DPI in water.

Never shake or breathe into the DPI.

Never use a spacer device with your DPI.

Doses 5 through 0 will show in red to remind you to re-order your medication.

And that Big, is how to take and care for your dry powder inhaler. Any questions?

Yeah, just one. Can I get a one two three four.

ONE TWO THREE FOUR!

Hold the Diskus in your left hand.