

How to use your Asthma Inhaler

When you have asthma your healthcare provider may prescribe an inhaler and a spacer to help you manage your condition.

An inhaler has several parts: a canister which contains the medication, a holder, a cap, and a mouthpiece.

Most inhalers are used with a spacer, or valved holding chamber, to help deliver the medication to your lungs.

Let's try it now...

Step 1.

Remove the cap and shake the inhaler.

Step 2.

Insert the inhaler into the spacer.

Step 3.

Exhale deeply away from the inhaler.

Step 4.

Put the mouthpiece of the spacer in your mouth. Press down on the canister, and inhale slowly for about five seconds.

Step 5.

Hold your breath for up to ten seconds if you can.

Step 6.

Take the device out of your mouth, then exhale.

Step 7.

If you need another dose, repeat Steps 4 and 5, then rinse your mouth with water and spit it out.

Let's review.

Remove the cap and shake the inhaler.

Insert the inhaler into the spacer.

Exhale deeply away from the inhaler.

Put the mouthpiece into your mouth, press down on the canister and inhale slowly for five seconds.

Hold your breath for ten seconds.

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Take the device out of your mouth, then exhale.

If another dose is needed, repeat then rinse your mouth with water and spit it out.

Using your inhaler and spacer correctly will help you get the medication you need into your lungs in order to manage your asthma.

If you have questions about your inhaler and spacer, ask your healthcare provider at your next appointment.