

USING A DRY POWDER INHALER

Stand up

Lowers the diaphragm and allows for lung expansion

Open the device

Pulmicort - twist-off cover

Serevent - slide back thumb key

Flovent - a slide off cover and foil disc pack

Albuterol rotacap – open and insert capsule, replace top

Activate the inhaler

Serevent – push thumb grip back to click

Pulmicort – twist brown base to right then left to click

Flovent – pierce powdered blister pack

Albuterol rotacap – twist cap to crack capsule

Hold inhaler level, parallel to the floor

Do not tilt or blow into inhaler device, may cause spilling of powder

Exhale to the end of a normal breath

Away from the inhaler device

Inhale slowly and deeply over 5 seconds

Inhaling too fast may deposit powder on tongue and throat rather than into lungs

Hold breath for 10 seconds

Allows time for particles to travel into lungs before exhaling

Sip water after all doses are taken