

# Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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## Correct Use of Inhalers

When used correctly, the various inhalation devices available are likely to be equally effective in delivering medication. However, up to 70% to 80% of patients may be using them incorrectly. It is important to know which inhalers require priming, shaking before use, rinsing mouth after use, how to properly clean the inhalers and to monitor the beyond-use date (some medications are less stable after it is removed from protective packaging). You should refer to your inhaler's packaging for the specific storage information and cleaning requirements.

### **Metered-Dose Inhaler (MDI)** (Examples include: Albuterol HFA, Advair HFA, Airsupra, Breztri, Flovent HFA, Symbicort)

#### General steps for use:

- Shake the inhaler well, if necessary
  - If using a spacer: attach the spacer and the inhaler together, with the inhaler's canister in a vertical position.
- Breathe out fully through the mouth, away from the inhaler.
- Put the mouthpiece in the mouth and tighten the lips around it.
  - If using a spacer: put the mouthpiece of the spacer between the teeth and tighten the lips around it (or if you use a spacer with a mask, position the mask over the nose and mouth and make sure there's a tight seal against the cheeks and chin).
- Press the canister down while inhaling deeply and slowly through the mouth (or if using a mask, take six normal breaths).
- Remove the inhaler from the mouth.
  - If using a spacer: move the mouthpiece (or mask) away from the mouth.
- Hold breath for as long as comfortably possible (generally up to ten seconds) and then breathe out (this step does not apply to mask use).
- Wait before repeating (when necessary), usually 30 to 60 seconds.

### **Soft-Mist Inhaler: Respimat** (Examples include: Spiriva Respimat, Stiolto Respimat)

#### General steps for use:

- Turn the base in the direction of the arrows until it clicks (half a turn).
- Flip the cap until it snaps open.
- Breathe out fully through the mouth, away from the inhaler.
- Put the mouthpiece in the mouth and tighten lips around the end without covering the air vents.
- While inhaling **deeply and slowly** through the mouth, press the dose release button. Hold breath as long as comfortably possible, up to ten seconds.
- Close the cap of the inhaler.

### **Dry-Powder Inhaler (DPI): Diskus** (Examples include: Advair Diskus, Flovent Diskus)

#### General steps for use:

- Open the inhaler with the thumb grip.
- Hold the inhaler flat and level and slide the lever away from the mouthpiece (from left to right) until it clicks.
- Breathe out fully through the mouth, away from the inhaler.
- Put the mouthpiece in the mouth and tighten the lips around it.
- Breathe in quickly and deeply through the mouth.
- Remove the device from the mouth and hold breath as long as comfortably possible, up to ten seconds.
- Close the inhaler by sliding the thumb grip until it clicks, covering the mouthpiece.

### **Dry-Powder Inhaler (DPI): Ellipta** (Examples include: Anoro Ellipta, Arnuity Ellipta, Breo Ellipta, Trelegy Ellipta)

#### General steps for use:

- Slide the inhaler cover down to reveal the mouthpiece.
- Breathe out fully through the mouth, away from the inhaler.
- Put the mouthpiece between the lips and close the mouth firmly around it. Do not block the air vents with the fingers.
- Breathe in deeply and slowly through the mouth.
- Remove the inhaler from the mouth and hold breath for three or four seconds or as long as comfortably possible.
- Close the inhaler by sliding the cover up and over the mouthpiece.

<https://pharmacist.therapeuticresearch.com/Content/Segments/PRL/2017/Jan/Correct-Use-of-Inhalers-10561>

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