



University of North Carolina Wilmington
Abrons Student Health Center

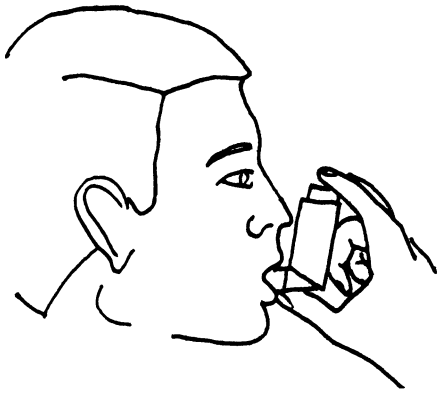
INSTRUCTION SHEET: INHALER USE

The Student Health Provider has recommended a hand-held inhaler to treat your bronchospasm (tight breathing tubes). It is important that you use your inhaler correctly in order for the medicine to work.

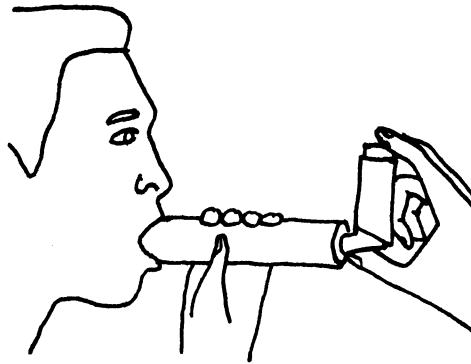
HOW TO USE YOUR INHALER:

1. Remove the cap and shake the inhaler.
2. Tilt your head back slightly and breathe out.
3. Hold the inhaler upright. Put the inhaler mouthpiece in your mouth.
4. Press down on the canister to release medicine as you start to breathe in.
5. Continue to breathe in slowly (3 to 5 seconds).
6. Hold your breath for 5 to 10 seconds before breathing out, allowing the medicine to reach the deeper bronchi.
7. Wait 30 seconds to a minute. Repeat the sequence with another puff of medicine.

CHILDREN: Use a spacer device so timing between breathing in and activating the canister is not important.



Adult: In the mouth



Child: Spacer device

Note: To estimate how much medicine is left in your inhaler, place the canister (not the mouthpiece) in water and see how high it floats: If the canister sinks, it is full; if empty, it will float on top of the water.