



LUNG SASK

AEROSPHERE[®] (AIR-oh-sfeer) Inhaler Delivery Device

PRIMING

The Aerosphere[®] inhaler is a pressurized metered dose inhaler (MDI) that needs to be primed before its first use.

1. Remove the cap.
2. Shake the inhaler well and spray 1 puff into the air away from you.
3. Repeat for a total of 4 puffs, shaking the inhaler before each puff.

RE-PRIMING

Re-prime the inhaler after rinsing the actuator, if the inhaler is dropped, or if it has not been used in more than 7 days.

1. Remove the cap.
2. Spray 2 puffs into the air away from you. Shake the inhaler before each puff.

HOW TO USE AN AEROSPHERE[®]

1. Remove the cap.
2. Shake the inhaler.
3. Breathe out, away from the mouthpiece.
4. Seal lips around the mouthpiece. Tilt your chin up slightly and aim the mouthpiece towards the back of your throat.
5. Begin breathing in slowly and deeply while spraying 1 puff. Continue to breathe in until your lungs are full.
6. Remove the mouthpiece and hold your breath for 5-10 seconds.
7. Breathe out, away from the mouthpiece.
8. Repeat steps 2-7 if extra doses are needed.
9. Put the cap back on.
10. Rinse your mouth with water and spit the water out.



1. Remove the cap



2. Shake the inhaler



3. Breathe out



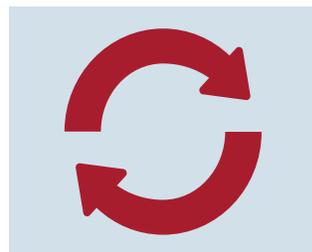
4. Seal lips around the mouthpiece and tilt chin up



5. Breathe in slowly and deeply while spraying 1 puff



6. Hold your breath (5-10 secs)
7. Breathe out



8. Repeat steps 2-7 if extra doses are needed



9. Put the cap back on
10. Rinse your mouth

AEROSPHERE[®] Inhaler Delivery Device

CARE OF AN AEROSPHERE[®]

1. Clean the inhaler by removing the canister and rinsing the actuator with water to prevent the build-up of medicine in the mouthpiece. Gently dry the actuator and place the canister back into the actuator.
2. Do not get the canister wet.
3. Re-prime after rinsing.
4. Check the indicator to see how many doses remain in the Aerosphere[®]. Order a new inhaler when the pointer on the puff indicator is in the yellow zone.
5. Throw the inhaler away when the puff indicator reaches 0 or after 3 months (for the 30-day inhaler) or 6 weeks (for the 14-day inhaler) once the inhaler has been removed from the foil pouch.
6. Always check the inhaler's expiration date.



Important information:

Aerosphere[®] is the name of the inhaler delivery device. Medications in this device have a brand name and generic names.

Inhalers available in the Aerosphere[®]:

Breztri[®]

Generic names: budesonide/glycopyrronium/formoterol fumarate

Dose per puff: 160/7.2/5.0 mcg per

Duration: 12 hours



For video instruction:
lungsask.ca/inhaler-resources



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LUNG SASK

BREEZHALER[®] (BREEZ-hay-ler)

Inhaler Delivery Device

HOW TO USE A BREEZHALER[®]

Remove one capsule from the blister pack.

1. Pull cap off.
2. Hold the base of the inhaler and tilt the mouthpiece to the open inhaler. Place the capsule in the centre chamber. Close the inhaler until you hear a click.
3. Hold the inhaler upright, press both buttons ONCE and release.
4. Breathe out, away from the mouthpiece.
5. Seal your lips around the mouthpiece. Tilt your chin up slightly and breathe in rapidly but steadily until your lungs are full. A whirring sound should be heard.
6. Remove the inhaler from your mouth while still holding your breath for a count of 5-10 seconds.
7. Breathe out, away from the mouthpiece.
8. Open the mouthpiece to see if there is any powder left in the capsule. If there is, repeat steps 4-7.
9. Open the mouthpiece, dispose of the capsule.
10. Close the mouthpiece and cap.
11. Wash your hands. Rinse your mouth with water and spit out.



1. Pull cap off



2. Open mouthpiece, place capsule in chamber, and close



3. Press buttons once and release



4. Breathe out, away from the mouthpiece



5. Seal lips around mouthpiece, tilt chin up, breathe in rapidly and steadily



6. Hold breath (5-10 secs)
7. Breathe out



8. Repeat steps 4-7 if there is powder left in the capsule



9. Dispose of the capsule



10. Close mouthpiece and cap



11. Wash your hands and rinse your mouth

CARE OF A BREEZHALER[®]

1. Wipe the mouthpiece with a dry cloth or tissue if cleaning is needed.
2. Keep the inhaler dry; never blow into the mouthpiece or wash the inhaler.
3. Always store capsules in the blister pack until right before use.
4. Store inhaler at room temperature.
5. Always check the expiry date of the inhaler capsules.
6. Do not swallow the capsules.

Important information:

Breezhaler[®] is the name of the inhaler delivery device.
Medications in this device have a brand name and generic names.

Inhalers available in the Breezhaler[®]:

Aectura[®]

Generic names: indacaterol/glycopyronium bromide/
mometasone furoate

Doses: 150/80; 150/160; 150/320 mcg

Duration: 24 hours

Enerzair[®]

Generic names: indacaterol/mometasone furoate

Dose: 150/50/160 mcg

Duration: 24 hours

Seebri[®]

Generic name: glycopyronium bromide

Dose: 50 mcg

Duration: 24 hours

Ultibro[®]

Generic name: glycopyronium
bromide/indacaterol maleate

Dose: 50/110 mcg

Duration: 24 hours



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For video instruction:
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LUNG SASK

DISKUS[®] (DISS-kuss) Inhaler Delivery Device

HOW TO USE A DISKUS[®]

Before first use, remove the inhaler from the foil pouch. The device comes ready-to-use and does not need priming.

1. To open, hold the the outer case in one hand and put the thumb of the other hand on the cover's thumb grip. Slide open the cover with your thumb until a click is heard.
2. Slide the lever as far as it will go until a click is heard; this will load the dose. Your inhaler is now ready to use.
3. Breathe out, away from the mouthpiece.
4. While holding the inhaler horizontally, seal your lips around the mouthpiece and tilt your chin up slightly.
5. Breathe in steadily and deeply until your lungs are full. Discard the inhaler when it says "O".
6. Remove the inhaler from your mouth and hold your breath for 5-10 seconds.
7. Breathe out, away from the mouthpiece.
8. To close, slide the thumb grip until it snaps shut. This resets the inhaler for the next dose.
9. Rinse your mouth with water and spit the water out.



1. Push thumb grip to slide open



2. Slide lever until a click is heard



3. Breathe out



4. Seal lips around the mouthpiece and tilt chin up



5. Breathe in steadily and deeply



6. Hold breath (5-10 secs)



7. Breathe out



8. Slide the thumb grip to close



9. Rinse your mouth

DISKUS[®] Inhaler Delivery Device

CARE OF A DISKUS[®]

1. Use the inhaler within 1 month of opening the foil pouch.
Mark use-by date on the inhaler.
2. Wipe mouthpiece with a dry tissue or cloth to clean.
Never wash the inhaler with water.
3. Keep the inhaler dry and store in a dry place, away from direct heat or sunlight. Do not store inhaler above 25°C.
4. Keep the inhaler closed when not in use.
5. Check the number in the dose counter to see how many doses are left.
6. Throw out the device 1 month after opening the foil pouch or when the counter reads "0".
7. Always check the expiry date of the inhaler.



Important information:

Diskus[®] is the name of the inhaler delivery device. Medications in this device have a brand name and generic names.

Inhalers available in the Diskus[®]:

Advair[®]

Generic name: fluticasone propionate/salmeterol xinafoate

Doses: 250/50, 500/50mcg

Duration: 12 hours

Flovent[®]

Generic name: fluticasone propionate

Doses: 100, 250, 500 mcg

Duration: 12 hours

Serevent[®]

Generic name: salmeterol

xinafoate

Dose: 50 mcg

Duration: 12 hours

Ventolin[®]

Generic name: salbutamol

sulphate

Dose: 200 mcg

Duration: 3-6 hours



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For video instruction:
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LUNG SASK

ELLIPTA™

Inhaler Delivery Device

HOW TO USE AN ELLIPTA™

Before first use, remove the inhaler from the foil tray and discard the tray and small sachet that contains a drying agent. The device comes ready-to-use and does not need priming.

1. Slide the cover open, you should hear a click.
2. Breathe out, away from the mouthpiece.
3. Seal your lips around the mouthpiece and tilt your chin slightly.
4. Holding the device horizontally and aimed at the back of your throat, breathe in a long, steady, deep breath, until your lungs are full. (Do not block the air vent at the top of the device with your hands).
5. Remove the inhaler from your mouth and hold your breath for 5-10 seconds.
6. Breathe out, away from the mouthpiece.
7. Close the inhaler by sliding the cover up and over. This resets the inhaler for the next dose.
8. Rinse your mouth with water and spit the water out.



1. Slide the cover over



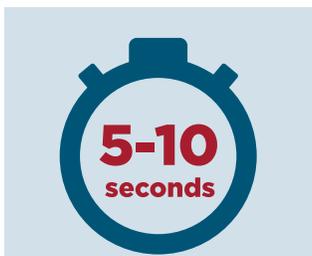
2. Breathe out



3. Seal lips around mouthpiece and tilt chin.



4. Breathe in a long, steady and deep



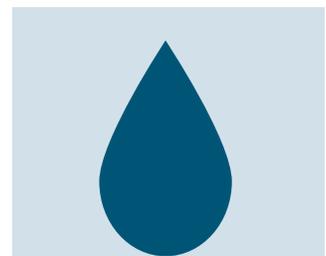
5. Hold breath (5-10 secs)



6. Breathe out



7. Slide the cover to close



8. Rinse your mouth

ELLIPTA™ Inhaler Delivery Device

CARE OF AN ELLIPTA™

1. Use the inhaler within 6 weeks of opening the foil tray. Mark the use-by date on the inhaler.
2. The mouthpiece may be cleaned after use, if needed, using a dry tissue before the cover is closed. Routine cleaning is not required.
3. The dose counter on the side counts down by 1 each time you open the cover. When there are less than 10 doses remaining in the inhaler, the left half of the counter shows RED. This is a reminder to get a refill. After the last dose has been inhaled, the counter will show "0" and be empty. Discard the empty inhaler.



Important information:

Ellipta™ is the name of the inhaler delivery device. Medications in this device have a brand name and generic names.

Inhalers available in the Ellipta™:

Anoro™

Generic names: umeclidinium bromide/
vilanterol trifenate
Dose: 62.5/25 mcg
Duration: 24 hours

Arnuity®

Generic name: fluticasone furoate
Doses: 100, 200 mcg
Duration: 24 hours

Breo™

Generic names: fluticasone
furoate/vilanterol trifenate
Dose: 100/25 mcg
Duration: 24 hours

Incruse®

Generic name: umeclidinium bromide
Dose per puff: 62.5 mcg
Duration: 24 hours

Trelegy®

Generic names: fluticasone furoate/
umeclidinium bromide/vilanterol trifenate
Dose: 100/62.5/25 mcg
Duration: 24 hours



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For video instruction:
lungsask.ca/inhaler-resources





LUNG SASK

GENUAIR[®] (JEN-you-air) Inhaler Delivery Device

HOW TO USE A GENUAIR[®]

Before first use, remove the inhaler from the foil package. The device comes ready-to-use and does not need priming.

1. Remove the cap by squeezing the arrows marked on each side and pulling outwards.
2. Hold the inhaler horizontally with the mouthpiece towards you and button facing up. Press the button once and release.
3. Check that the coloured window above the mouthpiece is green. Green means it is ready to inhale. The button may be green, orange, or another colour.
4. Breathe out, away from the mouthpiece.
5. Seal your lips around the mouthpiece, tilt your chin up slightly, and breathe in strongly and deeply. Keep breathing in even after you hear the inhaler click.
6. Remove the inhaler from your mouth and hold your breath for 5-10 seconds.
7. Breathe out, away from the mouthpiece.
8. Check that the coloured window has turned to red. Repeat steps 4-7 if it has not.
9. Replace the cap.
10. Rinse your mouth.



1. Remove cap



2. Press button
ONCE and
release



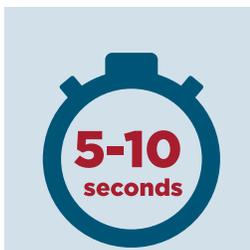
3. Check window
has turned
green



4. Breathe out



5. Seal lips on
mouthpiece,
tilt chin up, &
breathe in
strong and deep



6. Hold breath
(5-10 secs)



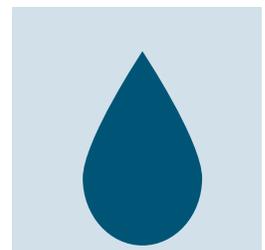
7. Breathe out



8. Check window
has turned
red



9. Replace the
cap



10. Rinse your
mouth

GENUAIR[®] Inhaler Delivery Device

CARE OF A GENUAIR[®]

1. Use the inhaler within 60 days of opening.
Mark the open date and use-by date on the inhaler.
2. Wipe the mouthpiece with a dry tissue if needed.
3. Keep away from moisture. Do not breathe into the device.
4. Store at room temperatures between 15-30°C.
5. The inhaler is equipped with a dose indicator to show you approximately how many doses are left in the inhaler. The dose indicator moves down slowly, displaying intervals of 10 (60, 50, 40, 30, 20, 10, 0). Discard inhaler when it says "0".
6. When a red band begins to appear in the dose counter this means you are nearing your last dose. The inhaler locks after the last dose.
7. Always check the expiry date of the inhaler capsules.



Important information:

Genuair[®] is the name of the inhaler delivery device.
Medication in this device has a brand name and generic name.

Inhalers available in the Genuair[®]:

Duaklir[®]

aclidinium bromide/formoterol fumarate dehydrate

Dose: 400/12 mcg

Duration: 12 hours

Tudorza[®]

aclidinium bromide

Dose: 400 mcg

Duration: 12 hours



For video instruction:
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**LUNG
SASK**

HANDIHALER[®] (HAN-dee-hay-ler)
Inhaler Delivery Device

HOW TO USE A HANDIHALER[®]

Fold and separate the two blister strips. Tear down the middle. Peel back the foil, exposing only one capsule. Flip the blister strip over and let the capsule drop out. **DO NOT SWALLOW THE CAPSULE.**

1. Open the lid by pulling upwards.
2. Open the mouthpiece by pulling upwards.
3. Place one capsule in the capsule chamber.
4. Close the mouthpiece firmly until you hear a click, leaving the lid open.
5. Hold the inhaler with the mouthpiece upright and press the green piercing button ONCE and release.
6. Breathe out, away from the mouthpiece.
7. While holding the base, tilt your chin up slightly while bringing the device up to your mouth in a horizontal position. Place the mouthpiece between your teeth and seal your lips around it.
8. Breathe in slowly and deeply until lungs are full. You should feel or hear the capsule vibrate.
9. Remove the inhaler from your mouth and hold your breath for 5-10 seconds.
10. Breathe out, away from the mouthpiece.
11. Repeat steps 6-10 to ensure all medication is taken.
12. Wash your hands.

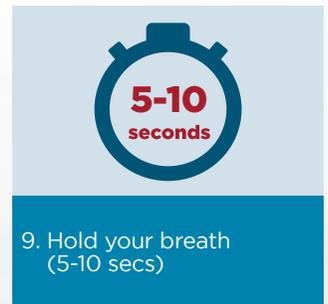
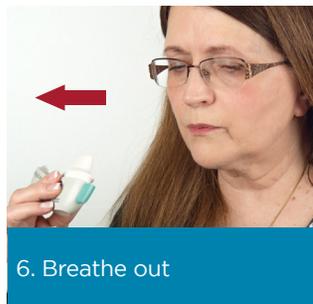
CARE OF A HANDIHALER[®]

1. Store the capsules in a cool dry place at room temperature between 15-25°C. Protect from moisture and do not freeze. The capsules should not be exposed, either in the blister pack or in the inhaler, to extreme heat or humidity.
2. The capsules are sensitive to light; only open the blister packs just prior to use.
3. The outside of the mouthpiece may be cleaned with a moist but not wet tissue if needed.
4. The device should be cleaned once a month. Do not wash in the dishwasher.

To Clean:

- Open the dust cap and mouthpiece.
- Open the base by lifting the piercing button.
- Rinse the complete inhaler with warm water to remove any powder.
- Dry the device thoroughly by tipping excess of water out, leaving the dust cap, mouthpiece and base open. Let stand for 24 hours to air dry.

HANDIHALER[®] Inhaler Delivery Device



Important information:

Handihaler[®] is the name of the inhaler delivery device.
The medication in this device has a brand name and a generic name.

Inhalers available in the Handihaler[®]:

Spiriva[®]

Generic name: tiotropium bromide monohydrate

Dose: 18 mcg per capsule

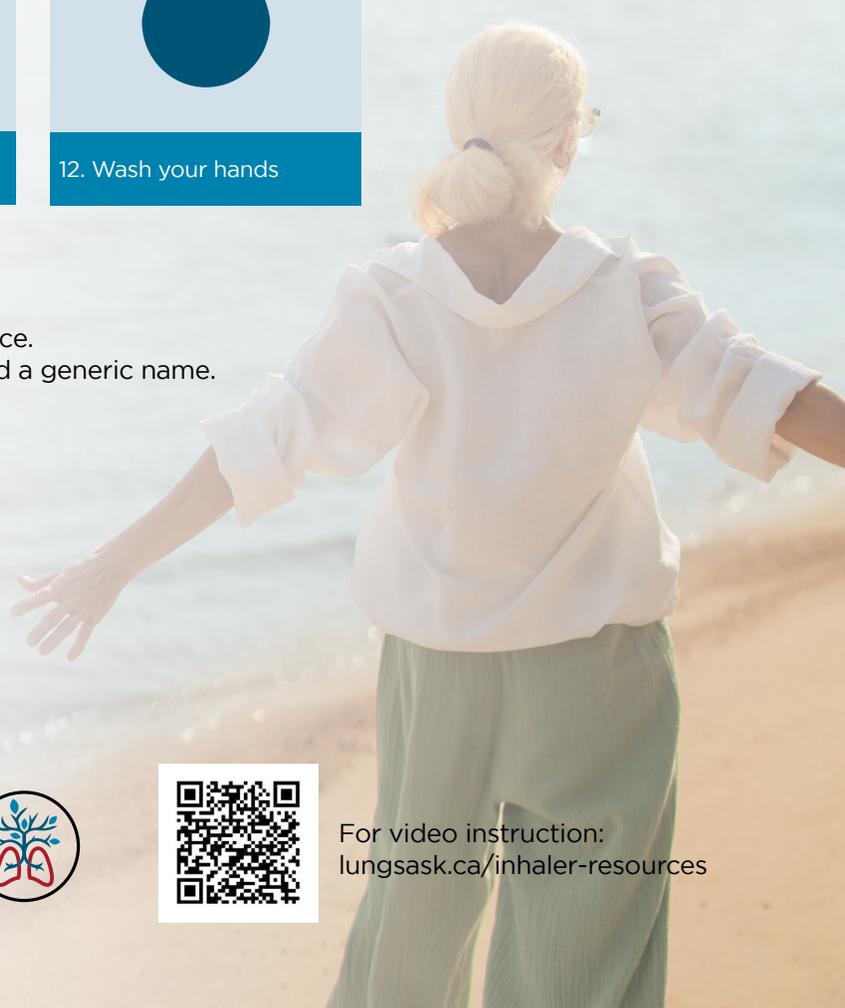
Duration: 24h



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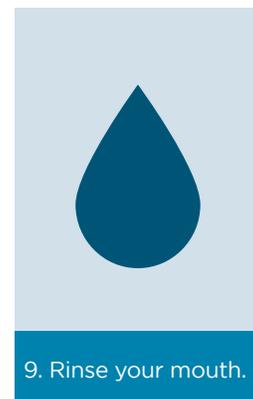
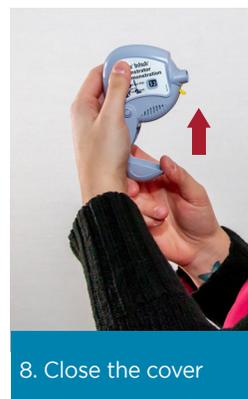
LUNG SASK

INHUB™ (IN-hubb) Inhaler Delivery Device

HOW TO USE A INHUB™

On first use, remove the device from the foil packaging before discarding. The device comes ready-to-use and does not need priming.

1. The inhaler will arrived in the closed position.
2. Hold the inhaler vertically to open it. Lower the mouthpiece cover from top to bottom using the thumb grip. The inhaler is now ready to use.
3. Push the yellow lever down to the end of the purple arrows. You may hear a click. The lever stays in this position until the dose has been taken and the inhaler has been closed.
4. Breathe out, away from the inhaler.
5. Hold the inhaler vertically and seal your lips around the mouthpiece. Tilt your chin up and breathe in quickly and deeply, ensuring you do not cover the air vents. Breathe in quickly and deeply ensuring to not cover the air vents with your fingers.
6. Remove the inhaler from your mouth and hold your breath for 5-10 seconds.
7. Breathe out, away from the mouthpiece.
8. Push the mouthpiece cover up to the closed position. The inhaler is now closed.
9. Rinse your mouth with water and spit the water out. Repeat the same steps if you need a second dose.



INHUB™ Inhaler Delivery Device

CARE OF A INHUB™

1. Use the inhaler within 30 days of opening the foil pouch. Mark the use-by date on the inhaler.
2. The mouthpiece may be cleaned after use, using a dry tissue, before the cover is closed.
3. The device has a dose counter. A red indicator will be present when there are 9 doses or less remaining. This is a reminder to get a refill. When the dose counter reaches 0, this means it is empty.
4. Keep the inhaler dry and do not shake the inhaler.
5. Do not close the device or move the yellow lever once it is pushed down. This will result in a lost dose if not inhaled.
6. Always check the inhaler's expiry date.



Important information:

Inhub™ is the name of the inhaler delivery device. Medications in this device have a brand name and generic names.

Inhalers available in the InhUB®:

Wixela®

Generic name: fluticasone propionate/salmeterol xinafoate

Doses: 250/50; 500/50 mcg

Duration: 12h



For video instruction:
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LUNG SASK

LUPINHALER

Inhaler Delivery Device

HOW TO USE A LUPINHALER

Before use, peel back foil until 1 capsule is exposed. Remove one capsule at a time.

1. Open the lid by pressing green piercing button and pulling the lid upwards. Open the mouthpiece by pulling upwards to expose the center chamber.
2. Remove a capsule from the blister package and place in the chamber. Close the mouthpiece until you hear a click. Leave the lid open.
3. Hold the inhaler upright (mouthpiece upwards) and press the green piercing button once, then release.
4. Breathe out, away from the mouthpiece.
5. Seal your lips around the mouthpiece. Tilt your chin up slightly and breath in slowly and deeply until your lungs are full. A strong enough inhalation will cause the capsule to vibrate.
6. Remove the inhaler from your mouth while still holding your breath for a count of 5-10 seconds.
7. Breathe out, away from the mouthpiece.
8. Repeat steps 4-7 for a second time.
9. Open the mouthpiece, and dispose of the capsule. Close the mouthpiece and lid.
10. Wash your hands.



1. Open the lid, open the mouthpiece



2. Place the capsule in the chamber



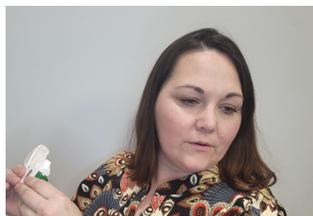
3. Hold upright and press the green button



4. Breathe out, away from mouthpiece



5. Seal lips around mouthpiece, tilt chin up, and breathe in slowly and deeply



6. Hold your breath (5-10 secs)
7. Breathe out



8. Repeat steps 4-7 for a second time



9. Dispose of the capsule
10. Wash your hands

CARE OF A LUPINHALER

The LupinHaler needs to be cleaned once a month, or as needed.

1. Open the dust cap and mouthpiece. Firmly grip the green piercing button and lift up.
2. Rinse the inhaler with warm water to remove any powder.
3. Leave the inhaler with the dust cap, mouthpiece, and base open, and place on paper towel to air dry.
4. Air drying takes 24 hours, so clean the inhaler immediately after use.
5. The mouthpiece may be wiped with a damp tissue as needed. *Do not place in the dishwasher*
6. Discard the LupinHaler 12 months after first use.
7. Always check the inhaler's expiration date.

Important information:

Lupinhaler is the name of the inhaler delivery device.
Medication in this device has a brand name and generic name.

Inhalers available in the Lupinhaler:

PR Lupin Tiotropium

Generic name: tiotropium bromide monohydrate

Dose per puff: 18 mcg

Duration: 24 hours



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LUNG SASK

METERED-DOSE INHALER (MDI) Delivery Device

HOW TO USE A METERED-DOSE INHALER (MDI)

Always check the instructions included with your inhaler for directions on priming and proper use. **IT IS HIGHLY RECOMMENDED TO USE A SPACER WITH THIS DEVICE.**

1. Remove the cap from the inhaler.
2. Shake the inhaler for 5 seconds.
3. Breathe out fully, away from the inhaler.
4. Place the mouthpiece in your mouth between your teeth and seal your lips around it.
5. As you start to breathe in, press down firmly on the top of the metal canister to release one “puff” of medication. Continue to breathe in slowly and deeply, until your lungs are full.
6. Hold your breath for 5-10 seconds.
7. Breathe out, away from the mouthpiece.
8. If additional puffs are prescribed, wait 30 seconds then repeat steps 2-7 for the prescribed number of puffs.
9. Close the cap and rinse your mouth.



1. Remove cap



2. Shake inhaler
(5 secs)



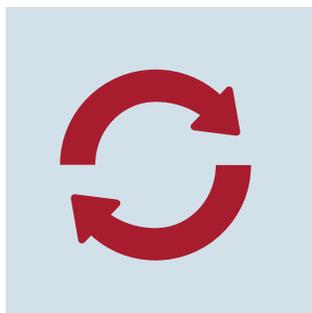
3. Breathe out



4. Seal lips around
mouthpiece
5. Start breathing
in, press canister
once and continue
to breathe in
slowly and deeply



6. Hold breath
(5-10 secs)
7. Breathe out



8. If additional puffs
are needed, wait
30 secs then
repeat steps 2-7



9. Close the cap and
rinse your mouth

CARE OF A METERED-DOSE INHALER

1. Store the MDI at room temperature between 15-25°C.
2. Some, but not all MDIs come with a dose counter. If your MDI does not have a dose counter, keep track of how many puffs you use from the inhaler on a calendar. Monitor how many you use compared to how many are in the inhaler. Do not use more than this even if it feels like there is something left in the device. This may be propellant and not medication.
3. Do not rush steps when using an MDI. It is important to breathe in as slowly as possible just before pushing down on the metal canister to release the medication.
4. Check inside and outside the inhaler (including the mouthpiece) for the presence of loose objects.
5. To clean:
 - Pull the metal canister out of the plastic casing and remove the cap.
 - Rinse the plastic casing of the inhaler thoroughly under warm running water and then wash the plastic casing again through the mouthpiece. Do not put the metal canister into water.
 - Dry the plastic casing of the inhaler thoroughly inside and out.
 - Replace the canister and cap (mouthpiece cover).
 - After cleaning, release one puff of the canister into the air to ensure the inhaler works.

Important information:

Medications in this device have a brand name and generic name.

Inhalers available in the MDI:

Advair[®]

Generic name: fluticasone propionate/salmeterol xinafoate
Doses: 125/25; 250/25 mcg per puff
Duration: 12 hours

Alvesco[®]

Generic name: ciclesonide
Doses: 100; 200 mcg per puff
Duration: 24 hours

Atrovent[®]

Generic name: ipratropium bromide
Dose: 20 mcg per puff
Duration: 4-6 hours

Flovent[®]

Generic name: fluticasone propionate
Doses: 50; 125; 250 mcg per puff
Duration: 12 hours

Qvar[™]

Generic name: beclomethasone dipropionate
Doses: 50; 100 mcg per puff
Duration: 12 hours

Ventolin^{®*}

Generic name: salbutamol sulphate
Dose: 100 mcg per puff
Duration: 4-6 hours
*generic brands also available

Zenhale[™]

Generic name: mometasone furoate/ formoterol fumarate
Doses: 100/5; 200/5 mcg per puff
Duration: 12 hours

Breztri[™]

Generic name: budesonide/ glycopyrronium/formoterol fumarate
Dose: 160/7.2/5.0 mcg per puff
Duration: 12 hours



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HOW DO I USE MY MDI WITH A SPACER?

Always check the instructions included with your inhaler AND spacer for directions on priming, proper use, and cleaning. IT IS HIGHLY RECOMMENDED TO USE A SPACER WITH THIS DEVICE.

1. Remove the cap from the inhaler and the spacer.
2. Shake the inhaler for 5 seconds.
3. Insert the inhaler into the opening at the end of the spacer.
4. Breathe out fully, away from the mouthpiece.
5. Place the spacer mouthpiece in your mouth between your teeth and seal your lips around the mouthpiece, making sure there are no air leaks.
6. Press the canister once and breathe in a slow deep breath until your lungs are full.
7. Hold your breath for 5-10 seconds.
8. Breathe out, away from the mouthpiece.
9. If additional puffs are prescribed, wait 30 seconds then repeat steps 2-8 for the prescribed number of puffs.
10. Close the caps on the inhaler and spacer and rinse your mouth.

NOTE: If you hear a whistle, you are breathing in too fast.

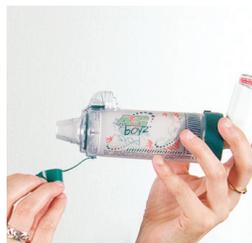
If you have trouble breathing deeply and holding your breath, breathe in and out more normally into the spacer 2 or 3 times.



1. Remove caps from inhaler & spacer



2. Shake the inhaler (5 secs)



3. Insert inhaler into spacer



4. Breathe out



5. Seal lips around mouthpiece



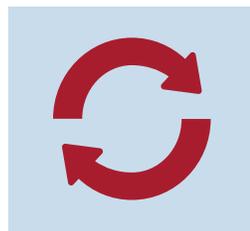
6. Press canister once and breathe in a slow, deep breath



7. Hold breath (5-10 secs)



8. Breathe out



9. If additional puffs are needed, wait 30 secs & repeat steps 2-8



10. Close caps & rinse mouth

METERED-DOSE INHALER (MDI) with a Spacer

CARE OF A MDI

1. Store the MDI at room temperature between 15-25°C.
2. Some, but not all MDIs come with a dose counter. If your MDI does not have a dose counter, keep track of how many puffs you use from the inhaler on a calendar. Monitor how many you use compared to how many are in the inhaler. Do not use more than this even if it feels like there is something left in the device. This may be propellant and not medication.
3. Check the inhaler and spacer inside and out to ensure there are no loose objects present.
4. To clean the MDI:
 - Pull the metal canister out of the plastic casing and remove the cap.
 - Rinse the plastic casing of the inhaler thoroughly under warm running water and then wash the plastic casing again through the mouthpiece. Do not put the metal canister into water.
 - Dry the plastic casing of the inhaler thoroughly inside and out.
 - Replace the canister and cap (mouthpiece cover).
 - After cleaning, release one puff of the canister into the air to ensure the inhaler works.

CARE OF A SPACER

DO NOT use a cloth or directly wipe the inside of the spacer.

1. Take apart all removable pieces of the spacer.
2. Soak all parts in warm soapy water for 15 minutes.
3. Agitate gently and rinse parts.
4. Shake out excess water and allow to air dry fully (overnight).
5. Reassemble spacer.

Important information:

Medications in this device have a brand name and generic name.

Inhalers available in the MDI:

Advair[®]

Generic name: fluticasone propionate/salmeterol xinafoate
Doses: 125/25; 250/25 mcg per puff
Duration: 12 hours

Alvesco[®]

Generic name: ciclesonide
Doses: 100; 200 mcg per puff
Duration: 24 hours

Atrovent[®]

Generic name: ipratropium bromide
Dose: 20 mcg per puff
Duration: 4-6 hours

Flovent[®]

Generic name: fluticasone propionate
Doses: 50; 125; 250 mcg per puff
Duration: 12 hours

Qvar[™]

Generic name: beclomethasone dipropionate
Doses: 50; 100 mcg per puff
Duration: 12 hours

Ventolin^{®*}

Generic name: salbutamol sulphate
Dose: 100 mcg per puff
Duration: 4-6 hours
*generic brands also available

Zenhale[™]

Generic name: mometasone furoate/ formoterol fumarate
Doses: 100/5; 200/5 mcg per puff
Duration: 12 hours

Breztri[™]

Generic name: budesonide/ glycopyrronium/formoterol fumarate
Dose: 160/7.2/5.0 mcg per puff
Duration: 12 hours



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For video instruction:
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HOW DO I USE MY MDI WITH A SPACER AND MASK?

Always check the instructions included with your inhaler AND spacer for directions on priming, proper use, and cleaning. IT IS HIGHLY RECOMMENDED TO USE A SPACER WITH A MDI.

1. Remove the cap from the inhaler and the spacer.
2. Shake the inhaler for 5 seconds.
3. Insert the inhaler into the opening at the end of the spacer.
4. Seal the mouth and nose with the face mask so there are no leaks between the face and the mask. The valve on the mask should open and close with breathing.
5. Breathe out.
6. Press down firmly on the top of the metal canister ONCE to release one “puff” of medication, then take a slow, deep breath in until the lungs are full. Hold this breath for 5 to 10 seconds

NOTE: If this is not possible (ie. infants, young children, adults who are too short of breath or are unable to follow directions), have them breathe normally in and out of the spacer 5-6 times.

7. Breathe out, away from the mouthpiece.
8. If additional puffs are prescribed, wait 30 seconds, then repeat steps 2-8 for the prescribed number of puffs.
9. Once all puffs are completed, remove the inhaler from the spacer and replace the cap.
10. Rinse your mouth or have child take a drink or brush their teeth followed by washing their face.

NOTE: If you hear a whistle, you are breathing in too fast.



1. Remove caps from inhaler & spacer



2. Shake inhaler (5 secs)



3. Insert inhaler into the spacer



4. Seal the mask over nose & mouth



5. Breathe out

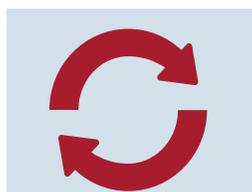


6. Press inhaler down ONCE and breathe in slow and deep. Hold breath (5-10 secs)

OR
Breathe in and out normally 2-3x



7. Breathe out



8. If additional puffs are needed, wait 30 secs & repeat steps 2-8



9. Remove inhaler from spacer & replace cap



10. Rinse your mouth, take a drink of water, & wash your face

METERED-DOSE INHALER (MDI) with a Spacer and Mask

CARE OF A MDI

1. Store the MDI at room temperature between 15-25°C.
2. Some, but not all MDIs come with a dose counter. If your MDI does not have a dose counter, keep track of how many puffs you use from the inhaler on a calendar. Monitor how many you use compared to how many are in the inhaler. Do not use more than this even if it feels like there is something left in the device. This may be propellant and not medication.
3. Check the inhaler and spacer inside and out to ensure there are no loose objects present.
4. To clean the MDI:
 - Pull the metal canister out of the plastic casing and remove the cap.
 - Rinse the plastic casing of the inhaler thoroughly under warm running water and then wash the plastic casing again through the mouthpiece. Do not put the metal canister into water.
 - Dry the plastic casing of the inhaler thoroughly inside and out.
 - Replace the canister and cap (mouthpiece cover).
 - After cleaning, release one puff of the canister into the air to ensure the inhaler works.

CARE OF A SPACER

DO NOT use a cloth or directly wipe the inside of the spacer.

1. Take apart all removable pieces of the spacer.
2. Soak all parts in warm soapy water for 15 minutes.
3. Agitate gently and rinse parts.
4. Shake out excess water and allow to air dry fully (overnight).
5. Reassemble spacer.

Important information:

Medications in this device have a brand name and generic name.

Inhalers available in the MDI:

Advair[®]

Generic name: fluticasone propionate/salmeterol xinafoate
Doses: 125/25; 250/25 mcg per puff
Duration: 12 hours

Alvesco[®]

Generic name: ciclesonide
Doses: 100; 200 mcg per puff
Duration: 24 hours

Atrovent[®]

Generic name: ipratropium bromide
Dose: 20 mcg per puff
Duration: 4-6 hours

Flovent[®]

Generic name: fluticasone propionate
Doses: 50; 125; 250 mcg per puff
Duration: 12 hours

Qvar[™]

Generic name: beclomethasone dipropionate
Doses: 50; 100 mcg per puff
Duration: 12 hours

Ventolin^{®*}

Generic name: salbutamol sulphate
Dose: 100 mcg per puff
Duration: 4-6 hours
*generic brands also available

Zenhale[™]

Generic name: mometasone furoate/ formoterol fumarate
Doses: 100/5; 200/5 mcg per puff
Duration: 12 hours

Breztri[™]

Generic name: budesonide/ glycopyrronium/formoterol fumarate
Dose: 160/7.2/5.0 mcg per puff
Duration: 12 hours



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For video instruction:
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LUNG SASK

NEBULIZER

Inhaler Delivery Device

HOW TO USE A NEBULIZER

1. Ensure the nebulizer is plugged in & functioning.
2. Attach tubing to compressor air outlet.
3. Unscrew the top of the medication cup.
4. Add the medication to the cup.
5. Screw on the top.
6. Turn on the compressor; ensure the medication is misting.
7. Place either a mask on your face or mouthpiece in your mouth.
8. Breathe in and out until the liquid is all gone from the medication cup.
9. Turn off the nebulizer.



1. Ensure the nebulizer is plugged in & functioning



2. Attach tubing to compressor air outlet



3. Unscrew the top of the medication cup
4. Add the medication to the cup



5. Screw on the top



6. Turn on the compressor; ensure the medication is misting



7. Place either a mask on your face or mouthpiece in your mouth



8. Breathe in and out until the liquid is all gone from the medication cup

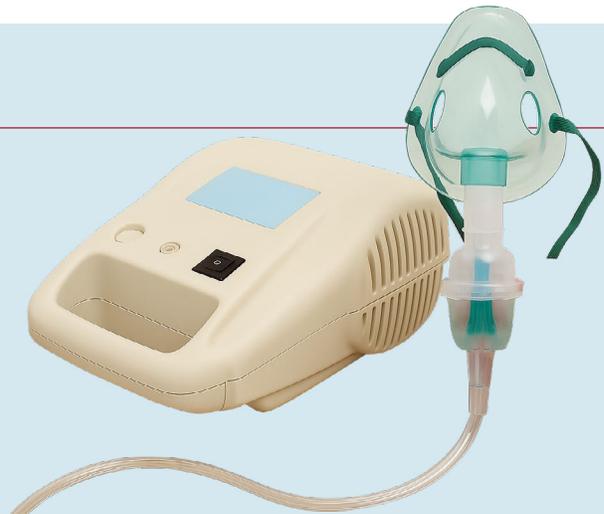


9. Turn off the nebulizer

NEBULIZER Inhaler Delivery Device

CARE OF A NEBULIZER

1. Wash the mask and nebulizer medication cup in warm, soapy water.
2. Rinse well and allow them to air-dry before reuse.
3. Replace the tubing and mask/mouthpiece following the brand's recommended timeline.



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LUNG SASK

RESPICLICK™

(RESS-pee-klik)

Inhaler Delivery Device

HOW TO USE A RESPICLICK™

1. Hold the inhaler upright.
2. Pull the cap downwards until you hear a click.
3. Breathe out, away from the mouthpiece.
4. Seal your lips around the mouthpiece.
5. Tilt your chin up slightly and quickly breathe in until your lungs are full.
6. Remove the inhaler from your mouth and hold your breath for 5-10 seconds
7. Breathe out, away from the mouthpiece.
8. Close the cap.
9. Rinse your mouth with water and spit the water out.



1. Hold the inhaler upright



2. Pull cap downwards until you hear a click



3. Breathe out



4. Seal lips around mouthpiece



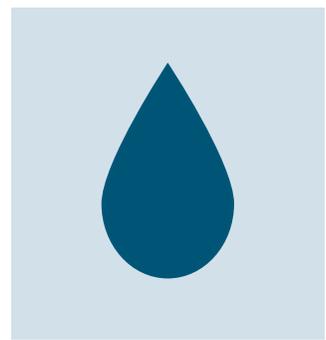
5. Tilt chin up slightly and breathe in quickly



6. Hold breath (5-10 secs)



7. Breathe out
8. Close the cap



9. Rinse your mouth with water

RESPIClick™ Inhaler Delivery Device

CARE FOR A RESPIClick™

1. Discard the inhaler 30 days after removing from the foil pouch or when the counter reads “0”.
2. Once the cap is open, do not close until the dose of medicine has been inhaled, or this will waste a dose.
3. Keep the inhaler dry. If you need to clean it, gently wipe the mouthpiece with a damp cloth or dry tissue.
4. When the dose counter reaches 20, the number of the colors will change to red. This is a reminder to refill your prescription.
5. The RespiClick™ counts down by twos (i.e., 60, 58, 56, etc.). When the counter shows “0”, the background will change to red and the “0” will be a black font. This means the inhaler is empty.
6. The RespiClick™ delivers your dose of medicine as a very fine powder that you may or may not taste or feel. Do not take an extra dose from the device even if you do not taste or feel the medicine.
7. Always check the inhaler’s expiration date.



Important information:

RespiClick™ is the name of the inhaler delivery device.
Medication in this device has a brand name and generic name.

Inhalers available in the RespiClick™:

Aermony

Generic name: fluticasone propionate

Dose per puff: 55, 113, or 232 mcg

Duration: 12 hours



For video instruction:
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LUNG SASK

RESPIMAT[®] (RESS-pih-mat) Inhaler Delivery Device

ASSEMBLY:

1. The device comes in two pieces - an inhaler, and a medication cartridge.
2. With the cap closed, press the safety catch to remove the clear base of the inhaler.
3. On a firm surface, push the narrow end of the cartridge into the inhaler until it clicks into place.
4. Push firmly down on the inhaler to ensure the cartridge has gone all the way in.
5. Put the clear base back into place.



1. Two pieces -
inhaler &
cartridge



2. Remove clear
base



3. Push cartridge
into inhaler



4. Push firmly down
on the inhaler
until you hear a
click



5. Put clear base
back into place

PRIMING:

1. Hold the device upright with the cap closed. **TURN** the base in the direction of the arrows on label until it clicks (half turn).
2. Flip the cap **OPEN** until it snaps fully open.
3. Point the mouthpiece towards the ground. **PRESS** the dose release button. A soft mist will appear.
4. Repeat steps 1-3 until a mist is seen, then repeat three more times.
5. Close the cap.

NOTE: If the device is not used for 7 or more days, prime once. If it is not used for 21 or more days, repeat the full priming process.



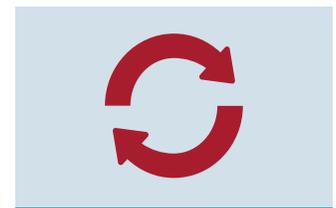
1. Hold upright. **TURN**
base until it clicks



2. **OPEN** cap until it
snaps fully open



3. Point down.
PRESS dose release
button



4. Repeat steps 1-3 until
you see a mist, then
repeat 3 more times
5. Close Cap.

RESPIMAT[®] Inhaler Delivery Device

HOW DO I USE A RESPIMAT[®]

1. Hold the inhaler upright with the cap closed.
2. **TURN** the clear base in the direction of the arrows on the label until it clicks (half turn).
3. Flip the cap **OPEN** until it snaps fully open.
4. Breathe out, away from the mouthpiece.
5. Put the mouthpiece between lips. Close your lips around the mouthpiece without covering the air vents.
6. Tilt your chin up slightly and point the inhaler towards the back of the throat. While taking a slow, deep breath, **PRESS** the dose release button and continue to breathe in slowly until your lungs are full.
7. Remove the inhaler from your mouth and hold your breath for 5-10 seconds.
8. Breathe out, away from the mouthpiece.
9. Close the cap.

Note: The acronym **TOP - Turn, Open, Press** is a quick reference for device instruction.



1. Hold upright



2. TURN base until it clicks



3. Open cap



4. Breathe out



5. Seal lips around mouthpiece



6. Tilt chin slightly, start breathing in slowly, PRESS button and keep breathing in



7. Hold breath 5-10 secs



8. Breathe out



9. Close cap

CARE FOR A RESPIMAT[®]

1. Wipe the mouthpiece inside and out once a week with a damp cloth. Any slight discoloration of the mouthpiece will not affect the performance of the inhaler.
2. Once assembled, the inhaler must NOT be taken apart.
3. Check the dose counter with each use to see how many doses are left. When the pointer enters the red area of the scale a new inhaler is needed. When the arrow reaches the end of the dose counter the inhaler locks automatically.
4. Store between 15-30 °C. Do not freeze the cartridge and inhaler.
5. If necessary, wipe the outside of the device with a damp cloth.
6. Always keep the cap closed when turning the base to avoid accidental release of the dose.
7. Always check the inhaler's expiry date.

Important information:

Respimat[®] is the name of the inhaler delivery device. Medication in this device has a brand name and generic name.

Inhalers available in the RespiClick[®]:

Combivent[®]

Generic name: ipratropium bromide/salbutamol sulphate
Dose: 20/100 mcg per puff Duration: 4-6h

Inspiroto[®]

Generic name: tiotropium bromide monohydrate/olodaterol hydrochloride
Dose: 2.5/2.5 mcg per puff Duration: 24h

Spiriva[®]

Generic name: tiotropium bromide monohydrate
Dose: 2.5 mcg per puff Duration: 24h



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**LUNG
SASK**

TURBUHALER[®] (TURB-you-hay-ler)
Inhaler Delivery Device

PRIMING:

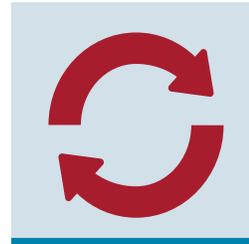
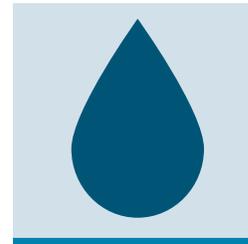
Before this device is used for the FIRST time, it must be prepared for use.

1. Hold the device upright, unscrew and lift off the cap.
2. Turn the coloured base in one direction and back until a click is heard. Repeat one more time.

HOW TO USE A TURBUHALER[®]

1. Hold the device upright, the coloured part is the base.
2. Hold the base and twist the cap counter-clockwise to remove cap.
3. Hold the base and turn all the way in one direction, then all the way back. The dose is now loaded.
4. Breathe out, away from the mouthpiece.
5. While holding the base, tilt your chin up slightly while bringing the device up to your mouth in a horizontal position. Place the mouthpiece between your teeth and seal your lips around it.
6. Breathe as quickly and deeply as you can through the mouthpiece, until your lungs are full.
7. Remove the inhaler from your mouth and hold your breath for 5-10 seconds.
8. Breathe out, away from the mouthpiece.
9. Repeat steps 3-8 if needed.
10. Twist cap to close, rinse your mouth with water and spit it out.

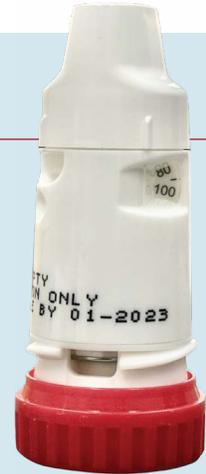
NOTE: Do not shake or blow into the device. If you accidentally drop, shake or breathe out into the device after the dose has been loaded, you will lose your dose. If this happens, repeat STEP 3 to load a new dose.

 <p>1. Hold upright</p>	 <p>2. Twist open and remove cap</p>	 <p>3. Turn base in one direction and back</p>	 <p>4. Breathe out</p>	 <p>5. Tilt head up slightly and seal lips around the mouthpiece</p>
 <p>6. Breathe in quickly and deeply</p>	 <p>7. Hold your breath (5-10 secs)</p>	 <p>8. Breathe out</p>	 <p>9. Repeat steps 3-8 for the prescribed number of doses</p>	 <p>10. Twist cap to close and rinse your mouth</p>

TURBUHALER® Inhaler Delivery Device

CARE OF A TURBUHALER®

1. Clean the mouthpiece using a dry tissue or cloth, gently wiping away any particles which have collected inside the mouthpiece.
2. Avoid moisture - never wash the device or blow into the mouthpiece.
3. Check the number in the dose window to see how many doses are left.
4. When a red mark appears in the dose counter window, the device has approximately 20 doses left. When the red mark reaches the bottom edge of the window, the device is empty.
5. Do not shake the inhaler or turn the coloured base more than described in the instructions or you will lose doses of medication.
6. Always check the inhaler's expiry date.



Important information:

Turbuhaler® is the name of the inhaler delivery device. Medications in this device have a brand name and generic names.

Inhalers available in the Turbuhaler®:

Bricanyl®

Generic name: terbutaline sulphate

Dose: 0.5 mcg per puff

Duration: 4-7h

Pulmicort®

Generic name: budesonide

Doses: 100; 200; 400 mcg per puff

Duration: 12h

Symbicort®

Generic name: budesonide/formoterol fumarate

Doses: 100/6; 200/6; 400/12 mcg per puff

Duration: 12h



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LUNG SASK

TWISTHALER™

(TWIST-hay-ler)
Inhaler Delivery Device

HOW TO USE A TWISTHALER™

Remove the device from the foil pouch and discard the foil. The device comes ready to use and does not need priming.

1. Hold the inhaler upright, the coloured part is the base.
2. Hold the base and twist the cap counter clockwise to remove it. As you lift off the cap, the dose counter on the base will count down doses by one.
3. Breathe out, away from the mouthpiece.
4. While holding the base, bring the inhaler up to your mouth in a horizontal position, and tilt your chin up slightly. Do not block the side vents. Close your lips around the mouthpiece and take in a fast, deep breath.
5. Remove from your mouth and hold your breath for 5-10 seconds.
6. Breathe out, away from the mouthpiece.
7. Replace the cap by twisting it clockwise while gently pressing the cap down until a click is heard. Firmly closing the cap will prepare the next dose.
TIP: The arrows should be fully aligned with the dose counter window.
8. Rinse your mouth with water and spit out.



1. Hold upright



2. Twist cap off



3. Breathe out



4. Tilt chin slightly, seals lips around mouthpiece, and breathe in fast and deep



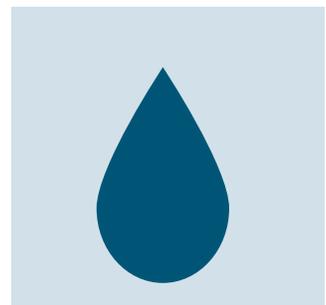
5. Hold breath (5-10 secs)



6. Breathe out



7. Replace the cap tightly



8. Rinse mouth

TWISTHALER™ Inhaler Delivery Device

CARE OF A TWISTHALER™

1. Use the inhaler within 2 months of opening the foil packet. Mark the use-by date on the device.
2. Wipe the mouthpiece with a dry cloth or tissue if needed.
3. Avoid moisture - never wash the device or blow into the mouthpiece.
4. Store at room temperature in a dry place.
5. Always replace the cap to set up the next dose. When the dose counter reads "01", this means there is one remaining dose. After "01", the counter will read "00" and the cap will lock. Throw away the device.
6. Always check the inhaler's expiry date.



Important information:

Twisthaler™ is the name of the inhaler delivery device. Medications in this device have a brand name and generic names.

Inhalers available in the Twisthaler™:

Asmanex™

Generic name: mometasone furoate

Doses: 100; 200; 400 mcg per puff

Duration: 24h



For video instruction:
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