

MDI, DPI vs. Neb Inhalation Technique

Proper inhalation technique is important when using these medications.

Scan the QR Code to Access How-To Videos



Resources for Asthma

- **Asthma Care Quick Reference**
https://www.nhlbi.nih.gov/files/docs/guidelines/asthma_qrg.pdf
- **American Lung Association**
www.lung.org/asthma

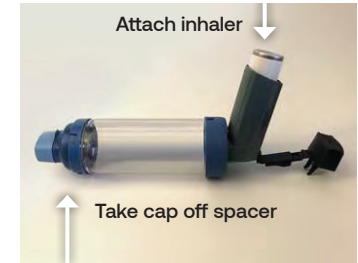
How to use your inhaler and spacer



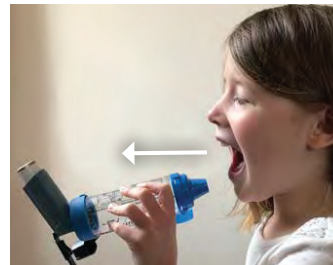
1. Take the cap off the inhaler



2. Shake the inhaler for 5 seconds



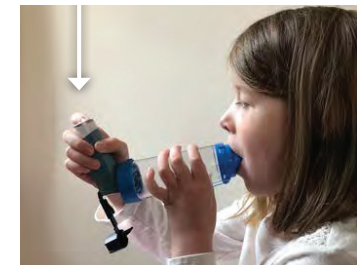
3. Attach to spacer and take cap off spacer



4. Breathe **OUT** all the way



5. Close lips around mouthpiece



6. Press down here



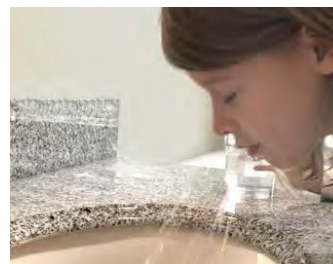
7. Breathe in **SLOWLY, DEEPLY**



8. Hold your breath for 10 seconds if you can. Then breathe out slowly.



If you need another puff of medicine, wait 1 minute then repeat steps 5-9.



9. Rinse with water and **SPIT OUT**

For more asthma videos, handouts, tutorials and resources, visit Lung.org/asthma.

You can also connect with a respiratory therapist for one-on-one, free support the American Lung Association's Lung HelpLine at **1-800-LUNGUSA**.

