Using Your Diskus®

Patient Education Guide

AMERICAN COLLEGE OF CHEST PHYSICIANS

American College of Chest Physicians
3300 Dundee Road, Northbrook, IL 60062
(847) 498-1400 phone
(847) 498-5460 fax
www.chestnet.org

THE CHEST FOUNDATION

To make your breathing better, you MUST take your medicine as explained below. Following these instructions puts more of the medicine into your lungs. This will open your air passages and help you breathe easier and feel better.

Hold Diskus® in one hand, and put the thumb of your other hand on thumb grip.

Push your thumb away from you as far as it will go. The mouthpiece will appear and will click into place.

Hold Diskus® level with mouthpiece facing you.

Slide lever away from you as far as it will go. You will hear a click. The medicine is now ready for you to breathe in. **DO NOT TIP YOUR DISKUS®. YOU MAY LOSE THE DOSE OF MEDICINE.**

Turn your head and breathe out normally. **NEVER BREATHE OUT INTO THE DISKUS®.**

Put mouthpiece between your lips and make a tight seal. **BREATHE IN FAST AND DEEP.**

Remove Diskus® from mouth. **HOLD** your breath for 10 seconds. If you cannot hold your breath for 10 seconds, hold your breath as long as you can. Turn your head, and breathe out.

Put your thumb on the thumb grip, and slide it back toward you as far as it will go. You will hear a click. The Diskus® is now closed.

Rinse your mouth with water. Spit the water out; do not swallow it. *Rinsing is only necessary if the medicine you just took was a corticosteroid, such as Flovent®.*

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Know How Many Doses Are Left in the Diskus®

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The dose window on the top of the Diskus® tells how many doses are left in the Diskus®.

The numbers will turn red when there are only five doses of medicine left in the Diskus®. This will alert you to get a refill of your medication. When the number reads zero, all the medicine is gone. Throw the Diskus® away.

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Using Your Foradil® Aerolizer®

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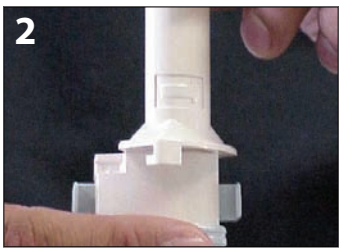
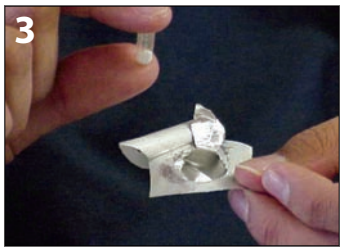
To make your breathing better, you MUST take your medicine as explained below. Following these instructions puts more of the medicine into your lungs. This will open your air passages and help you breathe easier and feel better.

Pull off mouthpiece cover from the Aerolizer®. Hold the Aerolizer® with mouthpiece straight up.

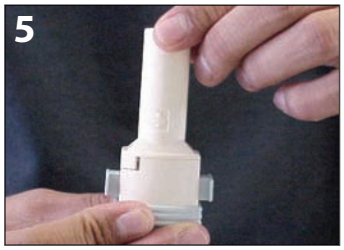


Twist mouthpiece open in the direction of the arrow.



To remove capsule from blister pack, peel the paper back then push the capsule through the foil. It is important that the capsule stay in the blister pack until you are ready to take your medicine.

Put the capsule into the Aerolizer®. The capsule should fit down into the Aerolizer® base.



Close the mouthpiece. You should hear a Click when the mouthpiece is closed.

Hold the Aerolizer® with mouthpiece straight up. **SQUEEZE THE TWO BUTTONS AND LET GO.** This releases the medicine.

Breathe out all the way. Make sure you **DO NOT BREATHE OUT INTO THE MOUTHPIECE OF THE AEROLIZER®.**

Tilt your head back slightly. Place the Aerolizer® between your lips, and form a tight seal. Make sure the buttons are on the sides, not up and down. **BREATHE IN FAST AND DEEP.** As you breathe in, you will hear the Aerolizer® vibrate.

Remove the Aerolizer from your mouth, and **HOLD** your breath for as long as you can, up to 10 seconds. To make sure you got all of the medicine, open the mouthpiece of the Aerolizer®, and look at the capsule. Do not touch it. If you still see powder in the capsule, repeat steps 6-8.

Open mouthpiece of Aerolizer®, and dump the capsule directly into a trash can. Do not touch the capsule. Put the mouthpiece cover back on the Aerolizer®.

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Using Your Maxair™ Autohaler™

Patient Education Guide

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To make your breathing better, you MUST take your medicine as explained below. Following these instructions puts more of the medicine into your lungs. This will open up your air passages and help you breathe easier and feel better.

Remove the mouthpiece cover. Check for and remove any dust, lint, or other objects.

Hold Autohaler™ upright as shown in the picture. Raise the lever, it will snap into place and stay up. **THE AUTOHALER™ HAS TO BE HELD UPRIGHT WHEN RAISING THE LEVER.**

Shake the Autohaler™ gently.

Continue to hold Autohaler™ upright. Do not block vents on the bottom of Autohaler™. Breathe out normally.

Seal your lips tightly around the mouthpiece. **BREATHE IN DEEPLY.** You will hear a click and feel a soft puff. This is the medicine coming out of the Autohaler™. Keep breathing in until your lungs are completely full.

HOLD your breath for 10 seconds. If you cannot hold your breath for 10 seconds, hold your breath as long as you can. After 10 seconds, breathe out slowly.

Hold Autohaler™ upright and lower lever. If you need to take another puff of medicine, repeat steps 2-6.

Put the mouthpiece cover back on the Autohaler™.

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Priming and Cleaning Your Maxair™ Autohaler™

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Priming or Preparing Instructions for Your Maxair™ Autohaler™

Priming your Autohaler™ should be done before using it for the first time. If it has been more than 48 hours since you last used your Autohaler™, you will need to prime it again. Ask your health-care provider or pharmacist how many puffs of medicine your Autohaler™ has when it is full. You need to keep track of how many puffs of medicine you take everyday, so you can have your Autohaler™ refilled before you run out of medicine.

Remove the mouthpiece cover.

Point mouthpiece away from you. Push lever up.

Push white slide on bottom of the mouthpiece. Arrows on the bottom will show you the direction to push the slide.

Push lever back down then repeat steps 2-3.

Cleaning Your Maxair™ Autohaler™

Remove the mouthpiece cover.

Wipe the mouthpiece with a clean dry cloth.

Turn the Autohaler™ upside down. Tap back of the Autohaler™. Flap should come down so that the spray hole can be seen.

Clean flap with a dry cotton swab.

Put mouthpiece cover back on. Make sure lever is down. Clean the Autohaler™ once a week or more often if Autohaler™ is visibly dirty.

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Using Your MDI— Closed-Mouth Technique

Patient Education Guide

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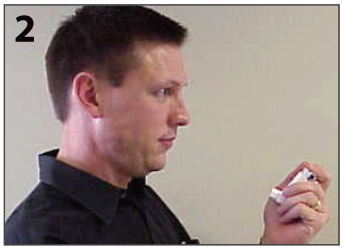
To make your breathing better, you MUST take your medicine as explained below. Following these instructions puts more of the medicine into your lungs. This will open up your air passages and help you breathe easier and feel better. You need to ask your health-care provider or pharmacist how many puffs of medicine your metered-dose inhaler (MDI) has when it is full. You need to keep track of how many puffs of medicine you take every day, so you can have your MDI refilled before you run out of medicine. Before using your MDI, please read the priming or preparing instructions. Your MDI should be cleaned once a week. See the instructions on cleaning your MDI.

Take cap off MDI. Check for and remove any dust, lint, or other objects. Shake MDI well.



Sit up straight or stand up.

Breathe out all the way.

Tilt MDI up slightly. Put MDI in your mouth, between your teeth, tongue flat under the mouthpiece, with lips sealed.

As you begin to **BREATHE IN SLOWLY, PRESS DOWN ON THE MDI**, as shown in this picture. Keep breathing in until your lungs are completely full.

HOLD your breath for 10 seconds. If you cannot hold your breath for 10 seconds, hold your breath as long as you can.

If you need to take another puff of medicine, wait 1 minute. After 1 minute, repeat steps 2-6.

Rinse your mouth out after you take your last puff of medicine. Make sure you spit the water out; do not swallow it. *Rinsing is only necessary if the medicine you just took was a corticosteroid, such as Flovent®, Beclovent®, Vanceril®, Aerobid®, or Azmacort®.*

Recap the MDI.

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Using Your MDI— Open-Mouth Technique

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To make your breathing better, you MUST take your medicine as explained below. Following these instructions puts more of the medicine into your lungs. This will open your air passages and help you breathe easier and feel better. You need to ask your health-care provider or pharmacist how many puffs of medicine your metered-dose inhaler (MDI) has when it is full. You need to keep track of how many puffs of medicine you take everyday, so you can have your MDI refilled before you run out of medicine. Before using your MDI, please read the priming or preparing instructions. Your MDI should be cleaned once a week. See the instructions on cleaning your MDI.

Take cap off MDI. Check for and remove any dust, lint, or other objects. Shake MDI well.

Sit up straight or stand up.

Hold your MDI two finger widths away from your lips.

Breathe out all the way.

As you begin to **BREATHE IN SLOWLY, PRESS DOWN ON THE MDI**, as shown in this picture. Keep breathing in until your lungs are completely full.

HOLD your breath for 10 seconds. If you cannot hold your breath for 10 seconds, hold your breath as long as you can.

If you need to take another puff of medicine, wait 1 minute. After 1 minute, repeat steps 2-6.

Rinse your mouth out after you take your last puff of medicine. Make sure you spit the water out; do not swallow it. *Rinsing is only necessary if the medicine you just took was a corticosteroid, such as Flovent®, Beclovent®, Vanceril®, Aerobid®, or Azmacort®. Recap the MDI.*

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Using Your MDI With a Spacer

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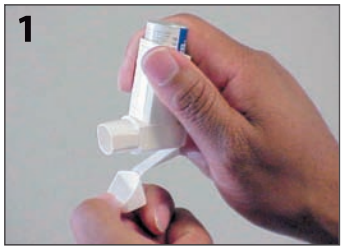
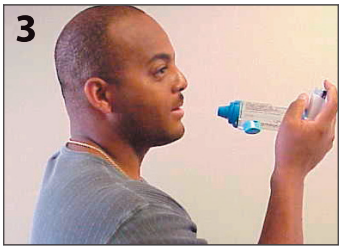
To make your breathing better, you MUST take your medicine as explained below. Following these instructions puts more of the medicine into your lungs. This will open up your air passages and help you breathe easier and feel better. You need to ask your health-care provider or pharmacist how many puffs of medicine your metered-dose inhaler (MDI) has when it is full. You need to keep track of how many puffs of medicine you take every day, so you can have your MDI refilled before you run out of medicine. Before using the MDI, please read the priming or preparing instructions. Your MDI and spacer should be cleaned once a week.
See instructions on cleaning your MDI.



Take cap off MDI. Check for and remove any dust, lint, or other objects. Shake MDI well.

Attach MDI to spacer.



Sit up straight and breathe out normally.

Put mouthpiece of spacer in your mouth. Close your lips around the mouthpiece and make a tight seal. Press down on the MDI. This puts one puff of medicine into the spacer.

To breathe in that one puff of medicine, **TAKE A SLOW, DEEP BREATH.** Breathe in as much air as you can. Try to fill up your lungs completely. It is important that the breath be **SLOW** and **DEEP.**

Remove the mouthpiece from your mouth. **HOLD** your breath for 10 seconds. If you cannot hold your breath for 10 seconds, hold your breath as long as you can.

If you need to take another puff of medicine, wait 1 minute. After 1 minute, repeat steps 3-6.

Recap the MDI. Rinse your mouth with water after you have taken your last puff of medicine. Make sure you spit the water out, do not swallow it. *Rinsing is only necessary if the medicine you just took was a corticosteroid, such as Flovent®, Beclovent®, Vanceril®, Aerobid®, or Azmacort®.*

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Using Your MDI With a Spacer and Mask—Pediatric

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To make your child's breathing better, you MUST give your child the medicine as explained below. Following these instructions puts more of the medicine in your child's lungs. This will help open the air passages in your child's lungs and help him or her breathe easier and feel better. You need to ask your child's health-care provider or pharmacist how many puffs the metered-dose inhaler (MDI) has when it is full. You need to keep track of how many puffs of medicine your child takes every day, so you can have the MDI refilled before your child runs out of medicine. Before using the MDI, please read the separate sheet on priming or preparing your MDI. The MDI and spacer should be cleaned once a week. See instructions on cleaning your MDI.

Take cap off MDI. Check for and remove any dust, lint, or other objects . Shake MDI well.

Attach MDI to spacer.

Have the child sit up straight or stand. Place the mask over the child's nose and mouth. The mask should be held on the face firmly enough so none of the medicine can escape.

Press down on the MDI. This puts one puff of medicine in the spacer.

To breathe in that one puff of medicine, the child should **BREATHE IN AND OUT NORMALLY FOR SIX BREATHS.** Do not remove the mask until the sixth breath is complete.

Remove the mask from the child's face.

If your child needs to take another puff of medicine, wait 1 minute. After 1 minute repeat steps 3-6.

Have your child rinse his or her mouth out with water after the last puff of medicine. Make sure the child spits the water out. Do not allow the child to swallow the water. *Rinsing is only necessary if the medicine you just took was a corticosteroid, such as Flovent®, Beclovent®, Vanceril®, Aerobid®, or Azmacort®.* Recap the MDI.

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Priming and Cleaning Your MDI

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THE CHEST FOUNDATION

Priming Your Metered-Dose Inhaler (MDI)

Preparing your MDI will need to be done for every new MDI before it is used or if it has been a long time since you last used your MDI. There are two types of MDIs. You need to ask your health-care provider or pharmacist if your MDI is a HFA or a CFC. The type of MDI you have will dictate how you prepare your MDI before use.

HFA MDIs: If your MDI is new or has not been used in 2 weeks, shake the MDI very well, then press down on the MDI four times, wasting four puffs into the air. After this is done, you are ready to take your medicine. See instructions on using your MDI (separate sheet).
CFC MDIs: If your MDI is new or has not been used in 12 hours, shake the MDI very well, then press down on the MDI once, wasting one puff of medicine into the air. After this is done, you are ready to take your medicine. See instructions on using your MDI (separate sheet).

Cleaning Your MDI

Take metal canister out of plastic container.

Rinse plastic container with warm water at least once a week.

Let plastic container air dry.

Replace metal canister in plastic container.

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Priming and Cleaning Your MDI and Spacer

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CFC MDIs: If your MDI is new or has not been used in 12 hours, shake the MDI very well, then press down on the MDI once, wasting one puff of medicine into the air. After this is done, you are ready to take your medicine. See instructions on using your MDI (separate sheet).

Cleaning Your MDI

Take metal canister out of plastic container.

Rinse plastic container with warm water at least once a week.

Let plastic container air dry.

Replace metal canister in plastic container.

Cleaning Your Spacer

Remove rubber end where MDI fits.

Fill a sink or deep bowl with warm water. Add one drop of liquid detergent.

Place both pieces in the warm soapy water, and gently shake both pieces back and forth.

Rinse only the mouthpiece in running water.

Shake to remove the water.

Let air dry in vertical position. Do not dry with towels.

Put rubber end back on spacer when completely dry.

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Using Your Pulmicort Turbuhaler®

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To make your breathing better, you MUST take your medicine as explained below. Following these instructions puts more of the medicine into your lungs. This will open your air passages and help you breathe easier and feel better.

The following steps need to be performed before your first breath from every NEW Turbuhaler®:

Hold Turbuhaler® straight up and down.

Hold cap and twist off.

Twist brown grip at bottom to the right as far as it will go, then twist all the way back to the left until you hear a click. **REPEAT** this step one more time.

The following steps need to be performed before EVERY DOSE OF MEDICINE:

To load a dose of medicine, hold Turbuhaler® **STRAIGHT UP AND DOWN.** Hold cap and twist off.

Twist brown grip at bottom to the right as far as it will go, then twist all the way back to the left **until you hear a click.**

Breathe out normally. Make sure you **DO NOT BREATHE OUT** into the Turbuhaler®.

Put mouthpiece in your mouth between your lips and make a tight seal. **BREATHE IN FAST AND DEEP.** You may not taste or feel any medicine. If your doctor prescribed more than one dose or puff, repeat steps 1-4.

After you have taken your medicine, if the mouthpiece is wet, wipe the mouthpiece with a clean dry cloth. Put cap back on Turbuhaler® and twist.

Rinse your mouth out with water. Spit the water out; don't swallow it.

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How Do You Know If Your Turbuhaler® Is Empty?

Patient Education Guide

AMERICAN COLLEGE OF CHEST PHYSICIANS

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www.chestnet.org

THE CHEST FOUNDATION

There are 200 doses in your Turbuhaler®. The dose indicator window is just below the mouthpiece.

When there are 20 doses of medicine left in your Turbuhaler®, a red mark will show up at the top of the window. This alerts you to get your medicine refilled.

When the red mark is at the bottom of the window, your Turbuhaler® is empty. Throw your Turbuhaler® away.

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Using Your Spiriva® Handihaler®

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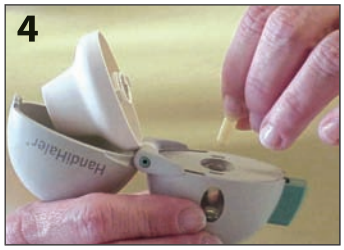
THE CHEST FOUNDATION

To make your breathing better, you MUST take your medicine as explained below. Following these instructions puts more of the medicine into your lungs and helps keep your nebulizer clean. This will open up your air passages and help you breathe easier and feel better.

Open the Handihaler® by pulling up on the dust cap and then pulling up on the mouthpiece. This will expose the center chamber, where you will put the capsule of medicine.

There are two strips of capsules. Each strip has three capsules. Separate the two strips down the center.

Pull back on the wrapper just enough to get out one capsule. It is important the other capsules stay sealed until just before use.



Place the capsule in the center chamber.

Close the mouthpiece over the capsule until you hear a click.

Press the button on the side of the Handihaler® just **ONCE.** This will break the capsule open and release the powder for you to breathe in.

Sit up straight or stand. Breathe out all the way. Make sure you **NEVER BREATHE OUT** into the Handihaler®.

Put the mouthpiece of the Handihaler® between your lips. Close your lips, and make a tight seal. **BREATHE IN FAST AND DEEP.** You should be able to hear the capsule inside the Handihaler® vibrate.

Remove the Handihaler® from your mouth, and **HOLD** your breath for 10 seconds. If you cannot hold your breath for 10 seconds, hold your breath as long as you can. To make sure you got all the medicine, repeat steps 7-9.

After you have taken the medicine, pull up on the mouthpiece, and dump capsule in a trash can. Do not touch the capsule. Close the mouthpiece and the dust cap for storage. Wash your hands after using this device.

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Using Your Small Volume Compressor Nebulizer

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To make your breathing better, you MUST take your medicine as explained below. Following these instructions puts more of the medicine into your lungs and helps keep your nebulizer clean. This will open up your air passages and help you breathe easier and feel better.

Place compressor on a level, steady surface, and plug power cord into a wall outlet.

Connect one end of the nebulizer tubing to the air outlet connector.

Wash hands, and add prescribed medication to the nebulizer using a dropper or unit dose vial.

Assemble mouthpiece, T-piece, and reservoir tubing to the nebulizer.

Attach tubing to nebulizer air inlet.

Press power switch to on.

Sit upright in a comfortable position. Place mouthpiece between teeth, over the tongue, with lips comfortably sealed. Take deep relaxed breaths until nebulizer begins to sputter. Turn off power to compressor.

Disconnect nebulizer from tubing, disassemble, and briefly wash in warm soapy water.

Rinse nebulizer parts, and shake off excess water.

Place nebulizer parts on a towel or dish rack, and allow to air dry. Keep parts out of the reach of children. Reassemble the clean nebulizer, and place in a cool, dry place.

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Using Your Asmanex® Twisthaler®

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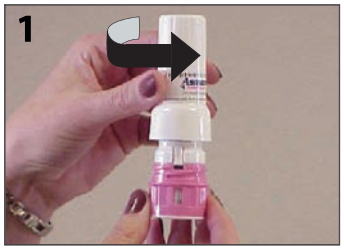
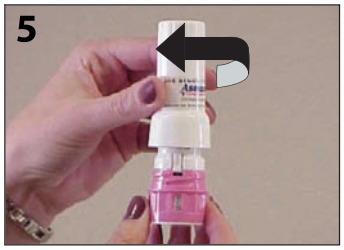


Hold Twisthaler® straight up with the pink base at the bottom. Twist white cap counter clockwise, and remove. This puts one dose of medicine into the Twisthaler® and counts down how many doses are left.

Breathe out normally. Make sure you **DO NOT BREATHE OUT** into the Twisthaler®.

Sit up straight or stand. Put mouthpiece in your mouth between your lips, and make a tight seal. **Breathe in fast and deep.** You may not taste or feel any medicine.

Take Twisthaler® out of your mouth, and **HOLD** your breath for 10 seconds. If you cannot hold your breath for 10 seconds, hold it as long as you can.



Wipe mouthpiece off, and put the cap back on Twisthaler®. Be sure the arrow on the white cap is lined up with the dose counter window, and turn clockwise. You should hear a click, and the arrow on the white cap should line up with the window on the pink base. This shows how many doses are left in the Twisthaler®. **IF YOU NEED TO TAKE ANOTHER DOSE, REPEAT STEPS 1-5.**

When the numbers in the dosing window read **"01,"** this will be the last dose of medicine in the Twisthaler®. Once you put the cap back on after you breathe in this dose, the cap will lock, and the Twisthaler® must be thrown away.

Rinse your mouth out with water.
Spit the water out; do not swallow it.

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