

How do I use my Breezhaler®?

1. Pull cap off.
2. Hold base of inhaler and tilt mouthpiece to open inhaler. Place capsule in centre chamber. Close inhaler until you hear a “click”.
3. Hold Breezhaler® upright and press both buttons ONCE and release.
4. Breathe out fully away from the mouthpiece
5. Place mouthpiece between lips and breathe in **rapidly** but **steadily** (whirring sound should be heard). Remove Breezhaler from mouth. Hold breath for 5-10 seconds. Breathe out.
6. Open to see clear capsule. If not all clear, repeat steps 4-5.
7. Discard empty capsule. Close Breezhaler®. Wash hands.

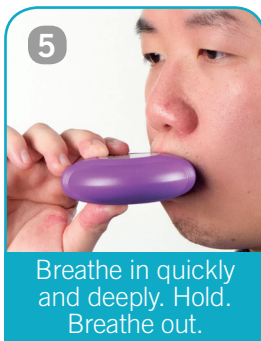
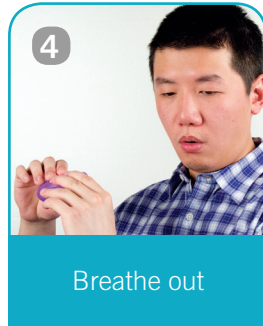
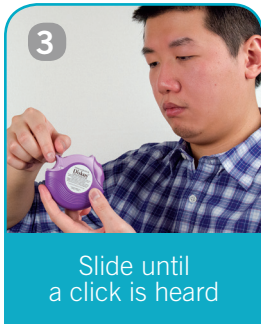
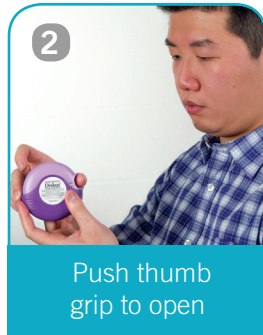
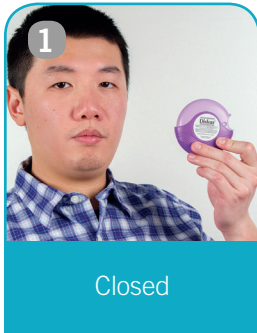
Care of my Breezhaler®

1. Wipe the mouthpiece with a dry cloth or tissue.
2. Never wash the Breezhaler®.



For video instruction:
lungsask.ca/inhaler-resources

Diskus®



How do I use my Diskus®?

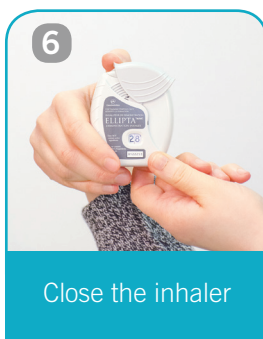
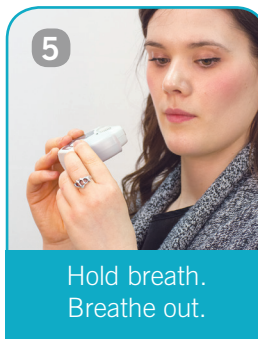
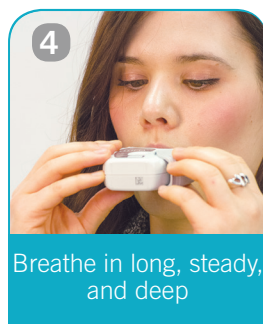
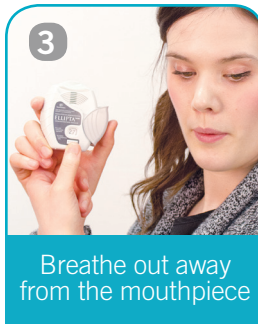
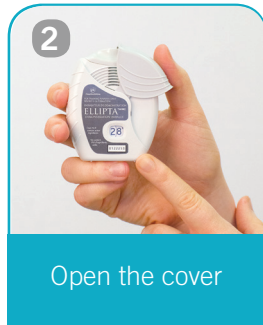
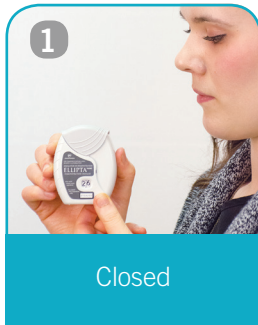
1. Closed.
2. To open: hold the outer case in one hand and put the thumb of the other hand on the thumb grip. Push the thumb as far as it will go until a click is heard.
3. Slide the lever as far as it will go until a click is heard.
4. Hold the Diskus® inhaler away from the mouth in a horizontal position and breathe out.
5. With the mouthpiece to the lips, breathe in **quickly** and **deeply**. Remove the Diskus® inhaler. Hold your breath for up to 10 seconds, then breathe out slowly.
6. Close: push the thumb grip as far as it will go until it snaps shut.

Care of a Diskus®

1. Wipe mouth piece with a dry tissue or cloth.
2. Store the device in a dry place, not in a damp environment i.e. bathroom.
3. Diskus® is to be closed when not in use; only slide open when ready to take dose.
4. Diskus® is to be kept away from direct frost, heat or sunlight and from high temperatures (above 30°C).
5. Check the number in the dose window counter to see how many doses are left. The indicator in the window will turn red when there are 5 doses left in the inhaler.



For video instruction:
lungsask.ca/inhaler-resources



How do I use my Ellipta™?

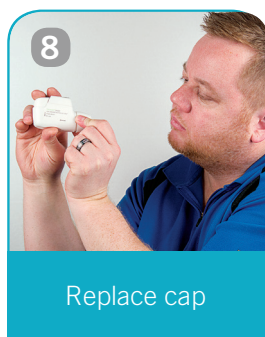
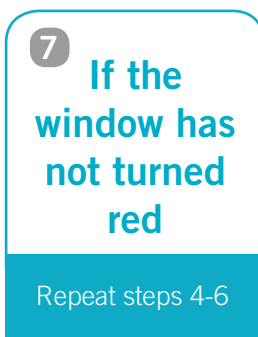
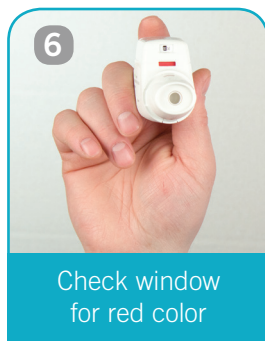
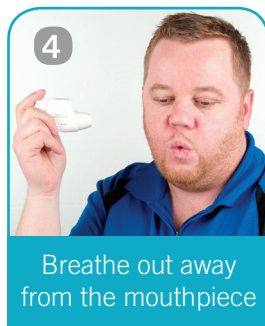
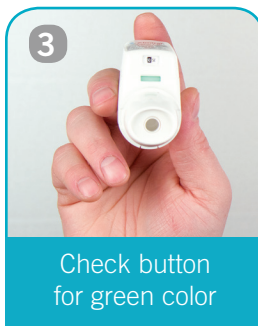
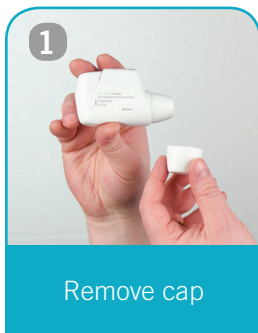
1. Closed.
2. Open the cover of the inhaler. Slide the cover down to expose the mouthpiece. You should hear a “click”.
3. Breathe out away from the mouthpiece.
4. Put the mouthpiece between lips, and close lips firmly around it. Breathe in a **long, steady,** and **deep** breath (do not block air vent on inhaler with hands).
5. Remove Ellipta from mouth and hold breath 5-10 seconds or as long as comfortable. Breathe out.
6. Close the inhaler (slide cover up and over the mouthpiece). Rinse mouth.

Care of an Ellipta™

1. The Ellipta™ comes in a foil tray. When ready to use, peel back the lid to open the tray.
2. The tray contains a desiccant to reduce moisture. Throw it away.
3. WRITE the “Tray Opened” and “Discard” dates ON the inhaler. The “Discard” date is 6 WEEKS from the date the tray is opened.
4. The mouthpiece may be cleaned after use, if needed, using a dry tissue before the cover is closed. Routine cleaning is not required.
5. 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.



For video instruction:
lungsask.ca/inhaler-resources



How do I use my Genuair®?

1. Remove the cap (lightly squeeze the arrows).
2. Press the green button all the way down ONCE and release.
3. Check that the color control window is green. Green means ready.
4. Breathe out away from the mouthpiece.
5. Place your lips around the mouthpiece. Breathe in **strongly** and **deeply** through the mouthpiece. Keep breathing in even after you hear the inhaler “click”. Remove Genuair from mouth and hold breath for 5-10 seconds. Breathe out.
6. Check that the color control window has turned red.
7. If the window has not turned red repeat steps 4-6.
8. Replace cap.

Note: When a red band begins to appear in the dose counter this means you are nearing your last dose. The Genuair® locks after the last dose.

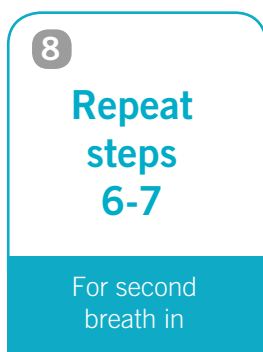
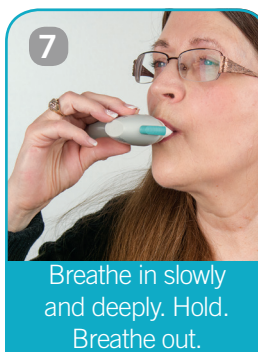
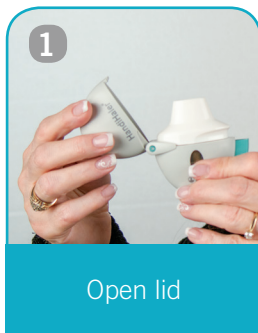
Care of a Genuair®

1. Wipe the mouthpiece with a dry tissue or cloth.



For video instruction:
lungsask.ca/inhaler-resources

Handihaler®



For video instruction:
lungsask.ca/inhaler-resources

How do I use my HandiHaler®?

Fold and separate the two blister strips. Tear down the middle. Peel back foil on flat side, exposing only one capsule. Flip the blister strip over and let the capsule drop out. Remember: the capsules are sensitive to light and moisture.

1. Open lid by pulling upwards.
2. Open mouthpiece by pulling upwards.
3. Place one capsule in the capsule chamber right before use.
4. Close the mouthpiece firmly until you hear a click, leaving the lid open.
5. Hold the HandiHaler® with the mouthpiece upright and press the piercing button ONCE and release.
6. Breathe out away from the mouthpiece.
7. Close lips around mouthpiece. Breathe in **slowly** and **deeply** until lungs are full. Remove the HandiHaler® from your mouth while still holding your breath for a count of up to 10.
8. Repeat steps 6-7 for a second breath in.
9. Open the mouthpiece and tip the used capsule into the garbage. Close the mouthpiece and lid.
10. Wash Hands.

Care of a HandiHaler®

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

1. Open the lid and lift up the mouthpiece. Then lift up the piercing button to open the base.
2. Rinse the HandiHaler® with warm water to remove any powder. Do not use soap.
3. Dry the HandiHaler® completely by leaving the lid, mouthpiece & base open to air-dry.

Inhub™



1. Closed



2. Open the cover.



3. Push down the yellow lever.



4. Breathe out away from the inhaler.



5. Breathe in quickly and deeply.



6. Hold breath. Breathe out fully.



7. Close the inhaler.



For video instruction:
lungsask.ca/inhaler-resources

How do I use my Inhub™?

For video instruction: sk.lung.ca/devices

1. The inhaler will arrive 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 fully away from the inhaler.
5. Hold the inhaler vertically and seal your lips around the mouthpiece. Breathe in quickly and deeply ensuring you do not cover the air vents with your fingers. Do not breathe in through your nose.
6. Remove the inhaler from your mouth and hold your breath for 5-10 seconds or as long as you feel comfortable. Breathe out fully.
7. Push the mouthpiece cover up to the closed position. The inhaler is now closed. Rinse your mouth with water. Repeat the same steps when you are ready for your next dose.

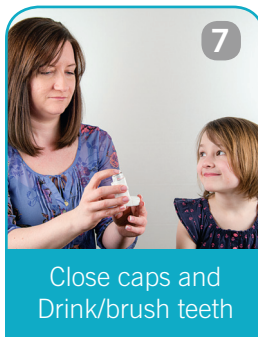
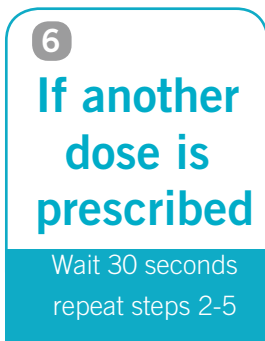
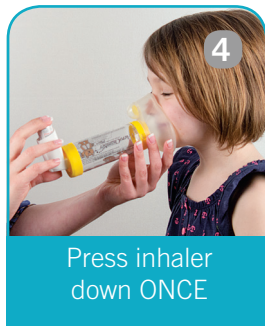
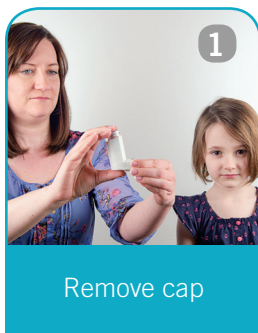
Care of an Inhub™

1. The Inhub® will arrive in a foil pouch. Remove the inhaler from the foil pouch discarding the packaging.
2. Write the “POUCH OPENED” and “USE BY” dates on the label of the inhaler. The “USE BY” date is 30 days from date the foil pouch is opened.
3. The mouthpiece may be cleaned after use, if needed, using a dry tissue before the cover is closed.
4. The Inhub® 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, the lever will not go down. This means it is empty.
5. Keep the inhaler dry and do not shake the inhaler.

This educational material was developed with sponsorship from Viatrix Canada.



Metered-Dose Inhaler with Spacer and Mask



How do I use my Metered-Dose Inhaler (MDI) with a spacer and mask?

1. Remove the cap from the inhaler.
2. Shake the inhaler.
3. Insert the mouthpiece of the inhaler into the opening at the end of the spacer.
4. Apply the mask to face so there are no leaks between face and mask. The valve should open with breathing. Depress the canister ONCE to allow medication to enter the spacer.
5. Encourage a slow deep breath and hold for up to 10 seconds. If not possible (infants and young children) have them breathe normally into the device 5-6 times.
6. If you need more than one dose, repeat steps 2-5, waiting 30 seconds between inhalations.
7. Close caps and rinse your mouth/drink/or brush your teeth.

Note: using an inhaler without a spacer is not recommended.

Note: Always check the instructions included with your inhaler for directions on priming and proper use.

Care of a Spacer

1. Clean the spacer about once a week. Immerse the spacer in warm, mildly soapy water and agitate.
2. Shake off excess water and leave to dry in the air overnight.

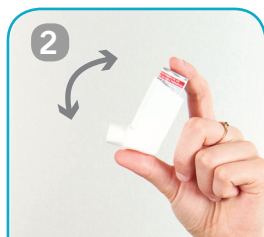


For video instruction:
lungsask.ca/inhaler-resources

Metered-Dose Inhaler with a Spacer Device



Remove cap



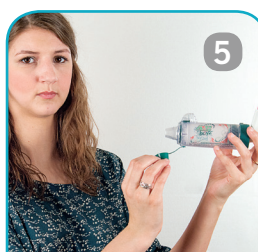
Shake inhaler



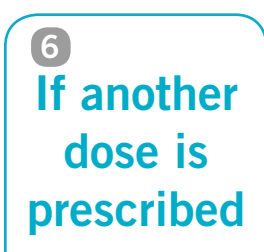
Remove spacer cap.
Insert inhaler
into spacer



Breathe out, press down
ONCE and complete slow
deep breath in.



Hold breath.
Breathe out.



6
**If another
dose is
prescribed**

Wait 30 seconds
repeat steps 2-5



Close cap and
rinse mouth

How do I use my Metered-Dose Inhaler (MDI) with a spacer device?

1. Remove the cap from the inhaler.
2. Shake the inhaler.
3. Remove the cap on the spacer and insert the mouthpiece of the inhaler into the opening at the end of the spacer.
4. Place the spacer mouthpiece in mouth between your teeth and close your lips around the mouthpiece, making sure there are no air leaks. Breathe out. Press down on the MDI canister **ONCE** to allow the medication to enter the spacer. Breathe in **slowly** and **deeply** for about 3-5 seconds.
5. After the inhalation, hold your breath for as long as possible, up to a count of ten and breathe out. Note: If you hear a whistle, you are breathing in too fast. Note: If you have trouble breathing deeply and holding your breath, breathe in and out more normally into the spacer 3 or 4 times.
6. If you need more than one dose, repeat steps 2-5 each time, waiting 30 seconds between inhalations.
7. Close the cap on the spacer and on the inhaler. Rinse your mouth.

Note: using an inhaler without a spacer is not recommended.

Note: Always check the instructions included with your inhaler for directions on priming and proper use.

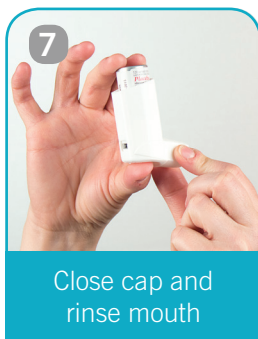
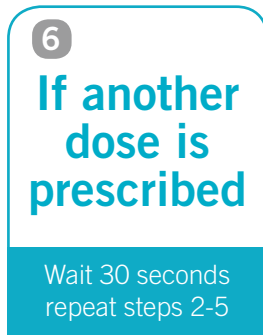
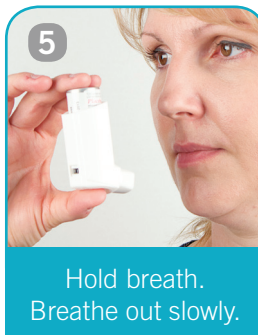
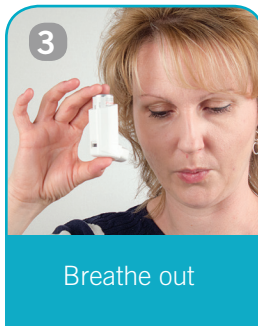
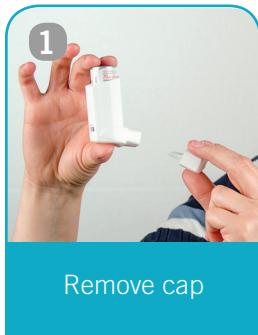
Care of a Spacer

1. Clean the spacer about once a week. Immerse the spacer in warm, mildly soapy water and agitate.
2. Shake off excess water and leave to dry overnight.



For video instruction:
lungsask.ca/inhaler-resources

Metered-Dose Inhaler



How do I use my Metered-Dose Inhaler (MDI)?

1. Remove the cap from the inhaler.
2. Shake the inhaler.
3. Breathe out away from the inhaler.
4. Place the mouthpiece in your mouth between your teeth and close your mouth around it. Begin to breathe in slowly and press the top of the inhaler ONCE. Continue to breathe in slowly and deeply through the mouth until the breath is complete.
5. Hold your breath for 5-10 seconds and breathe out slowly.
6. If an additional inhalation is prescribed, wait 30 seconds before taking it, then repeat steps 2-5 for the prescribed number of inhalations.
7. Close the cap and rinse your mouth.

Note: using an inhaler without a spacer is not recommended.

Note: Always check the instructions included with your MDI for directions on priming and proper use

Care of an MDI

1. Once a week, remove the medication canister from the plastic casing and wash the casing in warm, soapy water. Let the parts dry in the air. When the casing is dry, replace the medication canister in the casing and put the cap on the mouthpiece.
2. Ensure the hole is clear.



For video instruction:
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How do I use my Nebulizer[®]?

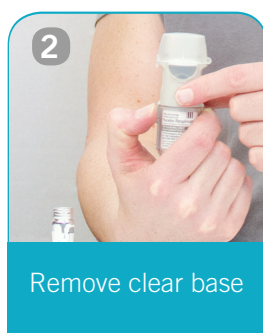
1. Ensure nebulizer is plugged in & functioning.
2. Attach tubing to compressor air outlet.
3. Unscrew the top of the medicine cup.
4. Add the medication dose to the cup.
5. Screw on the top.
6. Turn on the compressor; ensure medication is misting.
7. Place either a mask on face or mouthpiece in mouth.
8. Complete the treatment.
9. Turn off the compressor.

Care of a Nebulizer[®]

1. Wash mask and nebulizer medication chamber in warm, soapy water.
2. Rinse well and allow them to air-dry before reuse.

For video instruction:
lungsask.ca/inhaler-resources

Respimat®

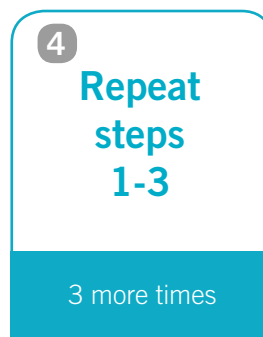


How do I use my Respimat®?

Assembly:

1. The Respimat® comes in two pieces. An inhaler, and a medication cartridge.
2. With cap closed, press safety catch to remove clear base of the inhaler.
3. Push the narrow end of the cartridge into the inhaler as far as it will go.
4. Place inhaler upright on a firm surface and push firmly down on inhaler to ensure cartridge has gone all the way in.
5. Put the clear base back into place.

Note: Once assembled, the inhaler must NOT be taken apart.



Priming:

1. Hold the inhaler upright with 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 inhaler towards the ground. **PRESS** the dose release button. A soft mist will appear. Close the cap.
4. Repeat steps 1-3, 3 more times to ensure inhaler is prepared for use.

Respimat®



1

Hold inhaler upright



2

TURN base until it "clicks"



3

OPEN cap until it snaps fully open



4

Breathe out slowly and fully



5

While breathing slow and deep PRESS dose release button



6

Hold breath. Breathe out.



7

Close cap

How do I use my Respimat®?

1. Hold the inhaler upright with cap closed.
2. **TURN** the clear base in the direction of arrows on the label until it "clicks" (half turn).
3. Flip the cap **OPEN** until it snaps fully open.
4. Breathe out slowly and fully.
5. Put the mouthpiece between lips. Close lips around the mouthpiece without covering the air vents. Point the inhaler towards the back of throat. While taking a **slow, deep** breath, **PRESS** the dose release button and continue to breathe in slowly.
6. Remove inhaler from mouth and hold breath for 10 seconds or as long as you can. Breathe out.
7. Close the cap.

Note: The acronym **TOP** – Turn **O**pen **P**ress is a quick reference for device instruction.

Care of a Respimat®

1. All that is required to keep the inhaler clean is to 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 indicator to see approximately how many doses are left. When the pointer enters the red area of the scale a new prescription is needed. When the arrow reaches the end of the scale the inhaler locks automatically.



For video instruction:
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Turbuhaler®

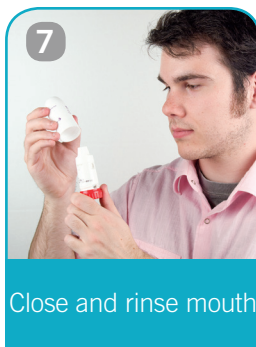
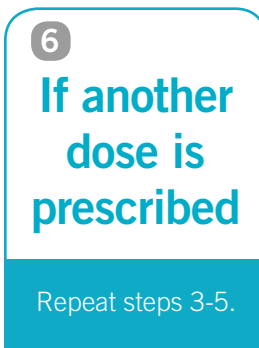
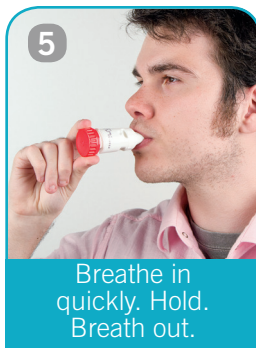
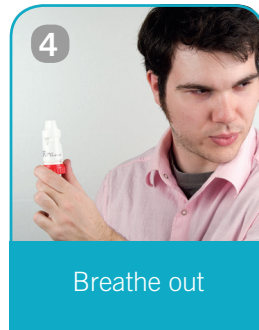
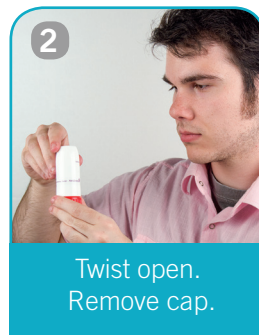
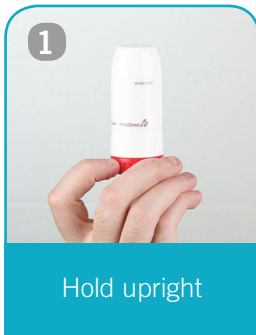
Before a turbuhaler is used for the FIRST time, it must be prepared for use. Hold upright, unscrew and lift off cap. Turn colored base in one direction and back. A 'click' is heard. Repeat one more time. The device is now ready for use.

How do I use my Turbuhaler®?

1. Hold upright.
2. Hold the colored base and twist the cap counter-clockwise to remove cap.
3. Hold the colored base and turn all the way in one direction, then all the way back in the opposite direction. Note: Do not shake or blow into the device.
4. Breathe out away from the mouthpiece.
5. Bring the inhaler up to your mouth in a horizontal position. Place the mouthpiece between your teeth and close your lips around it. Breathe in **quickly** and **deeply** through the mouthpiece. Remove Turbuhaler® from mouth and hold breath for 5-10 seconds. Breathe out.
6. Repeat steps 3-5 for the prescribed number of inhalations.
7. Twist cap to close and rinse mouth.

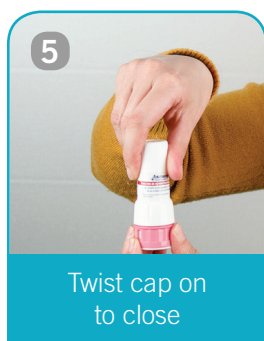
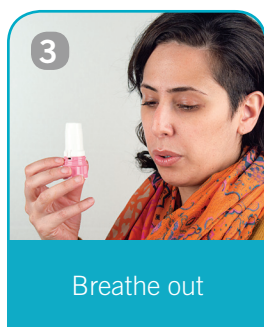
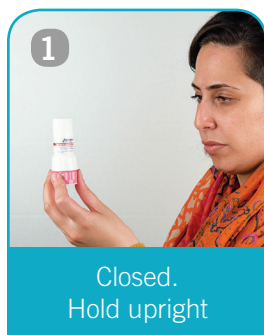
Care of a Turbuhaler®

1. Clean mouthpiece using a dry tissue or cloth, gently wiping away any particles which have collected inside the mouthpiece. Never wash the Turbuhaler®.
2. Check the number in the dose window to see how many doses are left.
3. Some Turbuhalers® may not have a window counter. When a red mark appears in the window underneath the mouthpiece, the Turbuhaler® has approximately 20 doses left. When the red mark reaches the bottom edge of the window the Turbuhaler® is empty.



For video instruction:
lungsask.ca/inhaler-resources

Twisthaler®



How do I use my Twisthaler®?

1. Hold the inhaler upright with the colored portion (or base) down.
2. Hold the colored 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 by one.
3. Breathe out fully away from the mouthpiece.
4. Bring the inhaler up to your mouth in a horizontal position, close your lips around the mouthpiece and take in a **fast, deep** breath. Remove the Twisthaler from your mouth and hold your breath for up to 10 seconds, or for as long as is comfortable. Breathe out.
5. Replace the cap by twisting it clockwise while gently pressing the cap down until a click sound is heard. Firmly closing the inhaler right away after use loads the dose for your next inhalation.
6. Rinse your mouth.

Care of a Twisthaler®

1. Wipe the mouthpiece with a dry cloth or tissue.
2. Never wash the Twisthaler®.
3. When the dose counter reads “01”, this indicates the last remaining dose. After “01”, the counter will read “00” and the cap will lock. Discard the unit.



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