

DRY POWDER INHALER

DISKUS (6+ YEARS)



1
CLOSED



2
PUSH OPEN



3
SLIDE & CLICK



4
BREATHE OUT



5
DEEP BREATH IN & HOLD



6
RINSE & SPIT



7
PUSH TO CLOSE

IMPORTANT INFORMATION

Note: Place mouthpiece between your teeth and close your lips (like sucking a straw).

Empty?: The window has numbers that count down the dose – “0” means it is empty.

Expired?: Check the expiry date on the back of the device.

Reminders: Keep the Diskus dry.

Do not breathe into the device.

Close after use.

Cleaning: Wipe mouthpiece with a dry tissue or cloth.

Ask your pharmacy how to safely throw away medicines and asthma devices

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

Developed by the Community Pediatric Asthma Service, Calgary and area.

For more information on asthma medications and device demos, visit our website at:
www.ucalgary.ca/icancontrolasthma



Alberta Health
Services



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DRY POWDER INHALER

ELLIPTA



**SLIDE OPEN AND
HEAR "CLICK"**



BREATHE OUT



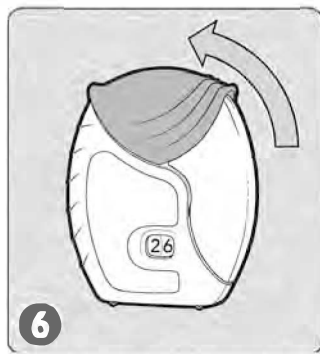
**DO NOT
BLOCK AIR VENTS**



**DEEP BREATH IN
AND HOLD**



BREATHE OUT



CLOSE INHALER



**RINSE, GARGLE
AND SPIT**

IMPORTANT INFORMATION

Note: Place mouthpiece between your teeth and close your lips (like sucking a straw).

Empty?: The window has numbers that count down the dose – "0" means it is empty.

Expired?: Check the expiry date on the back of the device.

Reminders: Keep the device dry.
Do not breathe into the device.
Take once daily – same time every day.
Do not block air vents with your fingers.

Cleaning: Wipe mouthpiece with a dry tissue or cloth.

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Illustrations developed by the Community Pediatric Asthma Service, www.ucalgary.ca/icancontrolasthma

**For more information on inhaled medications and device demos, visit our website at:
www.ucalgary.ca/asthma**

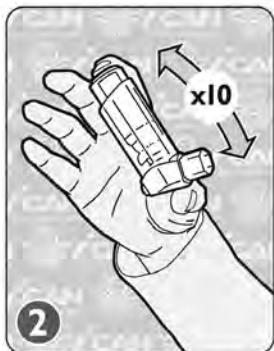


METERED DOSE INHALER (MDI)

INHALER / "PUFFER" WITH SPACER & MASK (UP TO 4 YEARS)



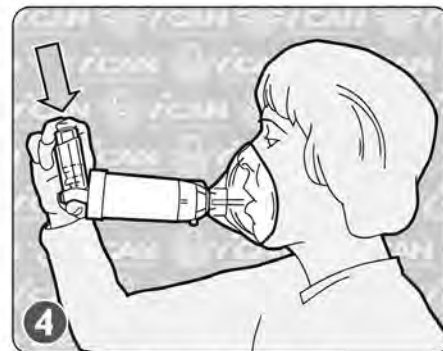
1 OPEN



2 SHAKE



3 INSERT



4 PRESS DOWN



5 BREATHE IN & OUT



6 REMINDER



7 DRINK OR BRUSH TEETH

IMPORTANT INFORMATION

Note:

Using an inhaler without a spacer is **NOT** recommended

Spacer with mask is recommended to improve medication delivery to the lungs

Mask size:

Masks come in **infant**, **child** and **adult** sizes.

Switch to spacer without mask at 4+ years of age unless physically or developmentally not able to. The mask should **NOT** cover the eyes. Make sure the mask covers the mouth and nose snugly.

Spacers:

Replace spacer if valves are missing or broken.

Cleaning: Soak in warm soapy water. Let it dry.

Empty?:

Shake it. If it feels light or you do not feel liquid moving, it is empty and needs to be replaced. Some devices have counters. "0" means it is empty.

Expired?:

Pull the metal canister out of the plastic sleeve to check the expiry date on the canister.

Reminder:

Replace cap on plastic sleeve to store MDI.

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METERED DOSE INHALER (MDI)

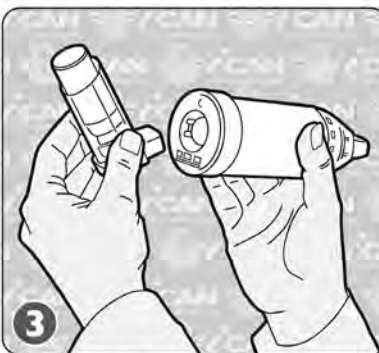
INHALER / "PUFFER" WITH SPACER & MOUTHPIECE (4+ YEARS)



1 OPEN



2 SHAKE



3 INSERT, BREATHE OUT



4 PRESS DOWN



5 SLOW DEEP BREATH IN & HOLD



6 REMINDER



7 DRINK OR BRUSH TEETH

IMPORTANT INFORMATION

Note:

Using an inhaler without a spacer is **NOT** recommended.

- * Place mouthpiece between your teeth and close your lips (like sucking a straw).
- * If you are not able to hold your breath, take 6 normal breaths.

Spacers:

Replace spacer if valves are missing or broken.

Whistle: The whistle sound is a warning to SLOW your breathing.

Cleaning: Soak in warm soapy water. Let it dry.

Empty?:

Shake it. If it feels light or you do not feel liquid moving, it is empty and needs to be replaced. Some devices have counters. "0" means it is empty.

Expired?:

Pull the metal canister out of the plastic sleeve to check the expiry date on the canister.

Reminder:

Replace cap on plastic sleeve to store MDI.

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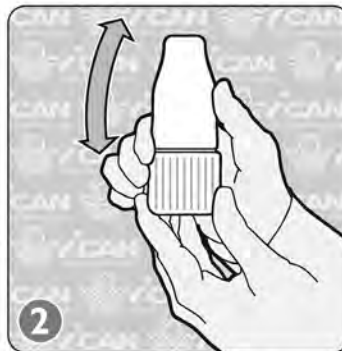


NASAL SPRAY

ALL AGES



BLOW YOUR NOSE



SHAKE & REMOVE CAP



**PRESS DOWN AS YOU
BREATHE IN, DON'T SNIFF**



In Other Nostril

REMINDER



REPLACE CAP

IMPORTANT INFORMATION

Expired?: Check the expiry date on the label.

Reminders: * Step 3:

- Place the tip of the nasal spray in your nostril.
- **Aim the tip toward your ear on the same side.**
- Block the other nostril with your finger.
- Don't sniff or blow your nose for a few minutes after you spray so the mist has a chance to be absorbed. Hold a tissue under your nose.

Reminder: This spray works best if taken daily for at least several weeks. Use as prescribed.
Store at room temperature, away from direct light.

Cleaning: Refer to directions that came with your nasal spray.

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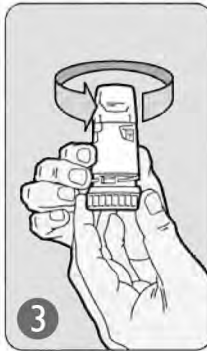
TURBUHALER (6+ YEARS)



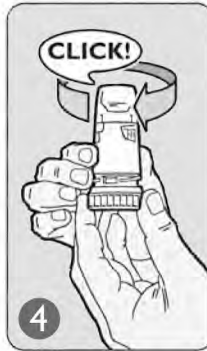
CLOSED



TWIST OPEN



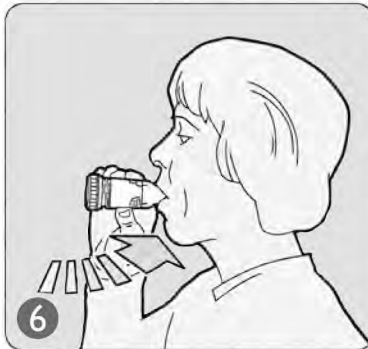
TURN



TURN BACK



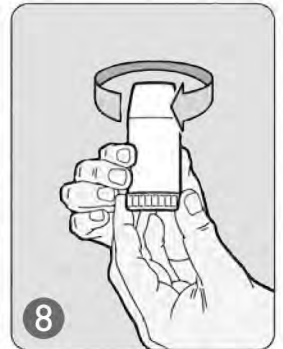
BREATHE OUT



DEEP BREATH IN & HOLD



RINSE & SPIT



TWIST TO CLOSE

IMPORTANT INFORMATION

Note: Place mouthpiece between your teeth and close your lips **(like sucking a straw)**.

Empty?: The window on the device starts to show red when there are 20 doses left.
When the window is completely red, it is empty.
The window on some devices also shows a "0" when it is empty.

Expired?: Remove the cap to check the expiry date on the device.

Reminders: Keep the Turbuhaler dry.
Do not breathe into the device.
Replace the cap after use.

Cleaning: Wipe mouthpiece with a dry tissue or cloth.
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TWISTHALER (6+ YEARS)



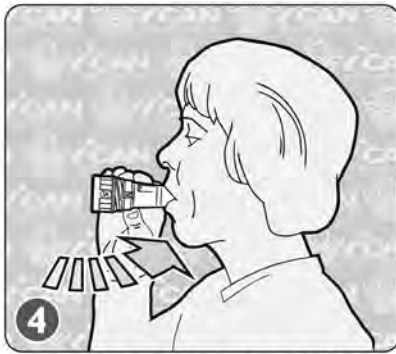
1
CLOSED



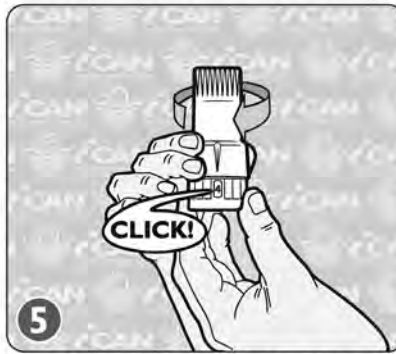
2
TWIST CAP OFF



3
BREATHE OUT



4
DEEP BREATH IN & HOLD



5
TWIST CAP ON TO CLOSE



6
RINSE & SPIT

IMPORTANT INFORMATION

Note: Place mouthpiece between your teeth and close your lips (like sucking a straw).

Empty?: The window has numbers that count down the dose every time you open the cap. When it is empty, it locks and you will not be able to twist off the cap.

Expired?: The expiry date is on the cap.

Reminders: Twist cap on until you hear a click.

Do not breathe into the device.

Keep the Twisthaler dry.

Cleaning: Wipe mouthpiece with a dry tissue or cloth.

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