

METERED DOSE INHALER (MDI)

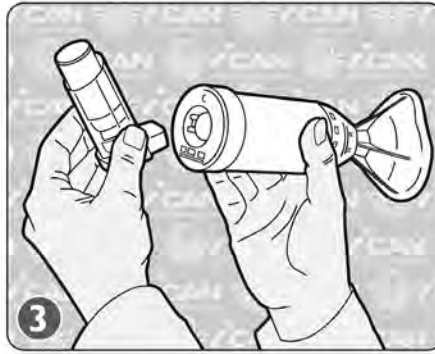
INHALER / "PUFFER" WITH SPACER & MASK (UP TO 4 YEARS)



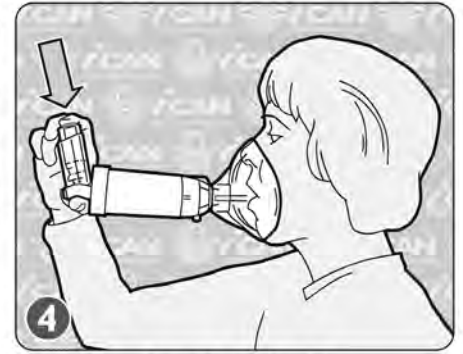
OPEN



SHAKE



INSERT



PRESS DOWN



BREATHE IN & OUT



REMINDER



DRINK OR BRUSH TEETH

IMPORTANT INFORMATION

Note: Using an inhaler without a spacer is **NOT** recommended.
Spacer with mouthpiece is recommended to improve medication delivery to the lungs.

Mask size: Masks come in infant, child and adult sizes.
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. Throw it away.

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.

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



METERED DOSE INHALER (MDI)

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



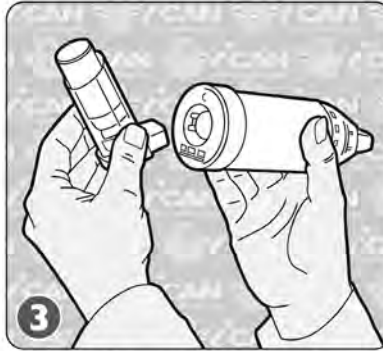
1

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. Throw it away.

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

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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. Throw it away.

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.

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DRY POWDER INHALER

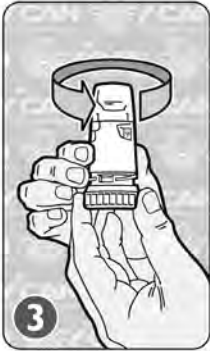
TURBUHALER (6+ YEARS)



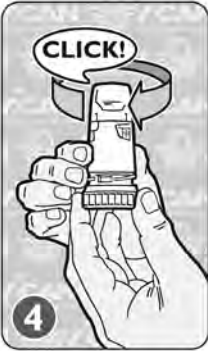
1
CLOSED



2
TWIST OPEN



3
TURN



4
CLICK



5
BREATHE OUT



6
DEEP BREATH IN & HOLD



7
RINSE & SPIT



8
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. Throw it away. The window on some devices also shows a "0" when it is empty. Throw it away.

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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DRY POWDER INHALER

TWISTHALER (6+ YEARS)



CLOSED



TWIST CAP OFF



BREATHE OUT



DEEP BREATH IN & HOLD



TWIST CAP ON TO CLOSE



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 everytime you open the cap. When it is empty, it locks and you will not be able to twist off the cap. Throw it away.
- 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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DRY POWDER INHALER

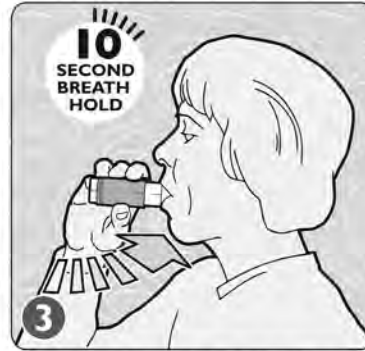
ELLIPTA



1 SLIDE OPEN AND HEAR "CLICK"



2 BREATHE OUT



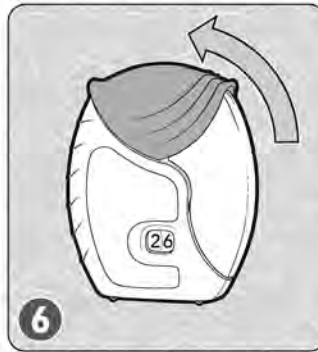
3 DEEP BREATH IN AND HOLD



4 DO NOT BLOCK AIR VENTS



5 BREATHE OUT



6 CLOSE INHALER



7 RINSE, GARGLE AND SPIT

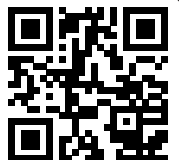
IMPORTANT INFORMATION

- Note:** Place mouthpiece between your teeth and close your lips.
- Empty?:** The window has numbers that count down the dose – "0" means it is empty. Throw it away.
- 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

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NASAL SPRAY

ALL AGES



1 BLOW YOUR NOSE



2 SHAKE & REMOVE CAP



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



4 REMINDER



5 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.

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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