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Caring for Your Inhaler

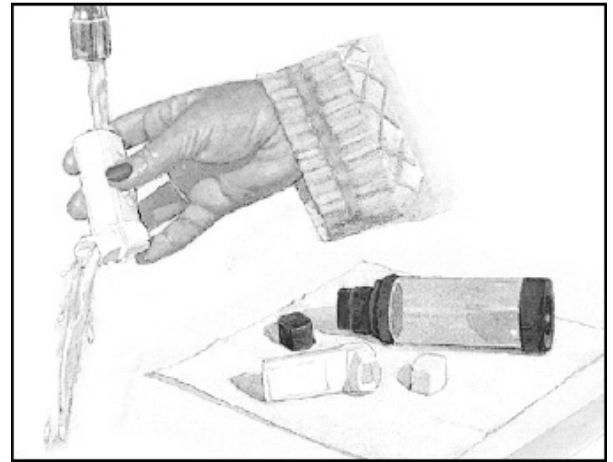
Your doctor may prescribe medication that you breathe in using a **metered-dose inhaler**. You need to keep your inhaler clean. Keep track of how much medication is left in the canister, so you'll never run out.

Keeping Your Inhaler Clean

- Rinse the spacer and the inhaler jacket in warm water every day.
- Let them dry overnight on a paper towel.
- Disinfect them as necessary in a solution of vinegar and water.

When to Replace Your Inhaler

Each inhaler is good for only a certain number of puffs of medication. After those puffs are used up, any puffs remaining will not give you the amount of medication you need. To be sure you'll get enough medication when you need it, keep track of how many puffs you use. Here's a tip:



1. Find the number on the canister that tells you how many puffs it contains.
2. Divide this number by how many puffs you are told to use in one day. This gives you the number of days your medication should last.
3. Use your calendar to find out what date your medication will run out. Mark it on the canister and on your calendar.

Be sure to replace the inhaler before you run out of medication.

Sample for you to fill in:

_____	÷	_____	=	_____
Number of puffs in new canister		Number of puffs you use each day		Number of days medication will last

Note: Be aware that your medication will run out sooner if you use your inhaler more often than planned.

For example, if your new canister holds 200 puffs and you've been told to use 4 puffs a day:

$$200 \div 4 = 50 \text{ days}$$