

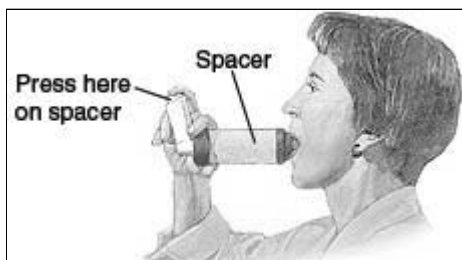
COPD: Using Inhalers

Some COPD medications are taken using a device called an **inhaler**. The inhaler helps you take a measured dose of medication into your lungs. Not all inhalers work the same way. Have your healthcare provider show you how to use and care for the type of inhaler you're given.

Using Metered-Dose Inhalers (MDIs) with Spacers

Metered-dose inhalers use a fine spray to dispense medication. You may be asked to use a spacer (holding tube) with your inhaler. The spacer helps make sure all the medication you need goes to your lungs.

1. Remove the caps from the inhaler and spacer. Shake the inhaler well and attach the spacer.
2. Breathe out normally. Put the spacer between your teeth and close your lips tightly around it. Keep your chin up.
3. Spray 1 puff into the spacer by pressing down on the inhaler. Then slowly breathe in as deeply as you can. This should take 3 to 4 seconds. (If you breathe too quickly, you may hear a whistling sound in the spacer.)
4. Take the spacer out of your mouth. Hold your breath for a count of 10 (if possible). Then slowly breathe out. If a second dose is prescribed, wait at least 30 seconds before taking the next puff.



Breathe in



Breathe out

Using MDIs Without Spacers

Inhalers work best with spacers. But if you don't have your spacer with you, these tips will help.

1. Shake the inhaler and remove the cap. Breathe out.
2. Hold the inhaler 1 to 2 inches (the width of 2 fingers) from your mouth. Don't put the inhaler into your mouth. If you do, less medication is able to reach your lungs.
3. As you breathe deeply, press down on the inhaler to release the medication. Hold your breath for a count of 10 (if possible). Then breathe out slowly.



Hold the inhaler 2" away from your mouth.