

How to Use an Asthma Inhaler for Children



Position A.

Hold the inhaler one to two inches away from your mouth and open your mouth.

Position B.

Use a spacer/holding chamber (recommended especially for young children and people using corticosteroids).

Position C.

Place the inhaler in your mouth. Do not use this position if you are inhaling corticosteroids.

Position D. (for inhaled

dry powder capsules). When using a dry powder inhaler, be sure to close your mouth tightly around the mouthpiece of the inhaler and inhale rapidly.

Step by Step Inhaler Technique:

1. Remove the cap and hold the inhaler upright.
2. Shake the inhaler.
3. Tilt your head back slightly and breathe out slowly.
4. Position the inhaler in one of the ways shown in the drawings (A or B is best, but you can use C if you have difficulty with A or B. You must use C if you have a breath-activated inhaler like a Maxair Autohaler).
5. Press down on the inhaler to release medication as you start to breathe in slowly. (If you are using a ProAir Redi-haler or a dry powder inhaler, you don't have to press down. Just breathe in forcefully.)
6. Breathe in slowly for three to five seconds.
7. Hold your breath for 10 seconds to allow the medicine to reach deeply into your lungs.
8. Take another puff following the same procedure. Waiting 1 minute between puffs may permit the second puff to penetrate your lungs better.
9. Spacers/holding chambers are useful for all patients, especially young children and those taking inhaled corticosteroids.

Avoid common inhaler mistakes by following these tips:

- Breathe out fully before pressing down on your inhaler.
- Inhale slowly. (But if you are using a breath-activated inhaler, breathe in deeply.)
- Breathe in through your mouth, not your nose.
- Press down on your inhaler as soon as you start to inhale (or within the first second of inhalation).
- Keep inhaling as you press down on the inhaler.
- Press down on the inhaler only once while you are inhaling (one breath for each puff).
- Make sure you breathe in evenly and deeply.

NOTE: Other inhalers are becoming available in addition to the ones shown above. Different types of inhalers may require different techniques. Check with your doctor to make sure you are using the right technique for your inhaler.