



## Quick-relief Asthma Inhalers

Asthma is a lifelong illness that affects the lungs and airways. With asthma, the airways become twitchy and sensitive. They can become inflamed, produce extra mucus and constrict.

Everyone with asthma should have a quick-relief inhaler with them at all times. Use quick-relief medications at the first warning sign of an asthma episode to relieve the squeezing of the airways.

### Common Quick-relief Inhalers

#### Metered Dose Inhalers



Xopenex®  
(Levalbuterol)



ProAir HFA®



Proventil® HFA  
(Albuterol)



Ventolin® HFA  
(Albuterol)

If you haven't used your inhaler in more than two days, you may need to "prime it" (shake inhaler and do a test spray).

Clean the plastic case once per week. Remove the metal canister and run the case under warm water for 30 seconds. Let air dry before replacing the canister.

#### Using a Metered Dose Inhaler (MDI) with a Spacer

1. Remove any candy, food or gum from your mouth.
2. Stand up straight.
3. Remove the cap of the inhaler and attach it to the spacer. Make sure to clean out any dust or fuzz so that there is nothing inside either one.
4. Shake the inhaler and spacer for five seconds.
5. Breathe out slowly to empty your lungs completely.
6. Put the spacer in your mouth and seal your lips around the mouthpiece.
7. Press down on the inhaler and take a slow deep breath in.
8. Hold your breath for 10 seconds and then breathe out.
9. If you are using a controller inhaler, rinse your mouth with water and spit it out.

#### Using a Metered Dose Inhaler (MDI) without a Spacer

1. Remove any candy, food or gum from your mouth.
2. Stand up straight.
3. Take the cap off the inhaler. Make sure to clean out any dust or fuzz so that there is nothing inside either one.
4. Shake the inhaler for five seconds.
5. Take a deep breath in and blow out all your air.
6. Place the inhaler mouthpiece inside your mouth and seal your lips tightly around the mouthpiece.
7. Take a slow breath in, press down on the inhaler and breathe in the medicine.
8. Hold your breath for 10 seconds and then breathe out.
9. Rinse your mouth with water and spit it out.