



# Student Health Center UNC Wilmington

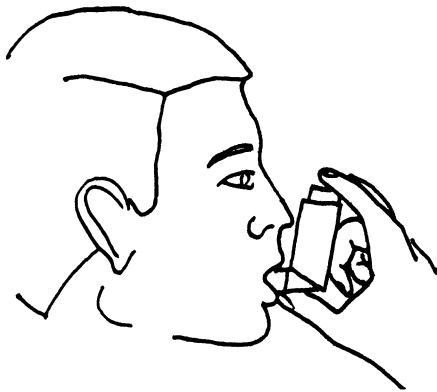
## INSTRUCTION SHEET: INHALER USE

The Student Health Provider has recommended a hand-held inhaler to treat your bronchospasm (tight breathing tubes). It is important that you use your inhaler correctly in order for the medicine to work.

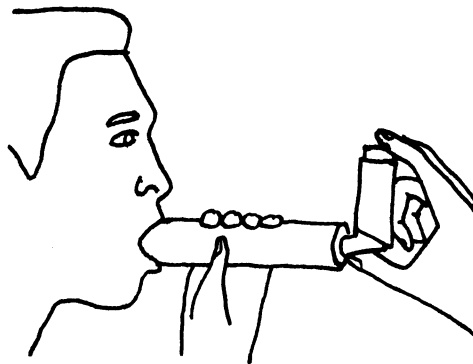
### HOW TO USE YOUR INHALER:

- 1- Remove the cap and shake the inhaler.
- 2- Tilt your head back slightly and breathe out.
- 3- Hold the inhaler upright. Put the inhaler mouthpiece in your mouth.
- 4- Press down on the canister to release medicine as you start to breathe in.
- 5- Continue to breathe in slowly (3 to 5 seconds).
- 6- Hold your breath for 5 to 10 seconds before breathing out, allowing the medicine to reach the lungs.
- 7- Wait 30 seconds to a minute. Repeat the sequence with another puff of medicine.

**CHILDREN:** Use a spacer device so timing between breathing in and activating the canister is not important.



Adult: In the mouth



Child: Spacer device

**Note:** To estimate how much medicine is left in your inhaler, place the canister (not the mouthpiece) in water and see how high it floats: If the canister sinks, it is full, if empty, it will float sideways on top of the water.