

## Inhalers - What You Need to Know

### Sequence of Administering Multiple Inhalers

**1. Use short-acting bronchodilators (SABAs) first**

*Examples of short acting bronchodilators include: Albuterol (ProAir, Ventolin) and Levalbuterol (Xopenex)*

**2. Wait 1 minute and then administer long-acting bronchodilators and short/long acting muscarinic antagonists (SAMA/LAMA/LABA)**

*Examples are Serevent Diskus, Spiriva, Incruse Ellipta, Atrovent*

**3. Wait 1 minute then administer Inhaled Corticosteroids (including combo products)**

*Examples are Qvar Redihaler, Pulmicort, Symbicort, Flovent, Advair Diskus, Breo Ellipta, Dulera*

### Proper Inhalation Technique for Metered Dose Inhalers (MDI)

- Hold inhaler upright and shake
- Remove cap and attach spacer (if ordered)
- Ask resident to breathe out through mouth
- Position inhaler/spacer in mouth with closed lips
- Press down on inhaler once to release medication as resident breathes in slowly
- Resident should hold breath for 5-10 seconds or as long as possible before exhaling
- If using a spacer, breathe normally for 1 minute keeping device in mouth
- If more than (1) puff is required, (whether the same or different medication), there should be a waiting time of approximately (1) minute between puffs
- For steroid inhalers, provide a cup of water for resident to rinse and spit back into the cup
- Clean mouthpiece with water and store following manufacturer's recommendations

Each brand name inhaler will have videos on their website showing proper inhalation technique

Most MDI inhalers will need to be primed before first use and if not used after 7-14 days. Check manufacturer specific recommendations when using an inhaler for the first time



Remove cap and shake inhaler.



Breathe out all the way.



Breathe in and press down on the inhaler.



Hold your breath for a count of 10.



Slowly breathe out.