



Dry Powder Inhaler (DPI) Technique

Follow these steps for disc- or capsule-style dry powder devices. Common mistakes are noted under each step.

1 Load the dose - Follow your device's loading step - this might mean twisting the base, clicking a lever, or piercing a capsule, depending on your inhaler. Check the device's dose counter to confirm it's ready.

2 Don't shake it - Unlike a mist inhaler, shaking a DPI isn't necessary and can disturb the powder.

Common mistake: shaking out of habit from using a mist inhaler.

3 Breathe out fully, away from the device - Empty your lungs completely before bringing the mouthpiece to your mouth.

Common mistake: breathing out into the mouthpiece, which can blow the powder dose away or add moisture that clumps it.

4 Seal your lips tightly around the mouthpiece - Close your lips fully around it - don't cover any air vents on the device with your fingers.

Common mistake: a loose seal lets air in around the powder instead of through it.

5 Inhale fast and deep - Take one quick, hard, deep breath in through your mouth.

Common mistake: this is the opposite of a mist inhaler - breathing in slowly won't pull the powder deep into your lungs.

6 Hold your breath for 10 seconds - This gives the powder time to settle in your airways.

Common mistake: exhaling right away, before the medication has had a chance to reach your lungs.

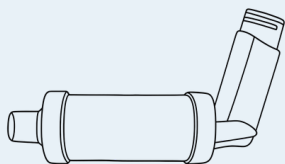
7 Breathe out slowly, away from the device -

Common mistake: breathing out into the mouthpiece, which can leave moisture in the device.

8 Check the dose counter and store properly - Confirm the dose was taken, then close or cap the device. Keep DPIs dry - unlike mist inhalers, moisture can ruin the powder. Don't store one in the bathroom or a humid place.

Mist Inhaler with Spacer

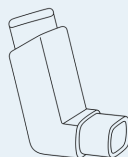
A spacer helps the mist reach your lungs instead of just your mouth.



- 1 **Check the Dose Counter** - Don't use the inhaler if it reads zero - that means it's empty and needs replacing.
- 2 **Prime If Needed** - Prime a brand-new inhaler before first use (or if you haven't used it in 7+ days, or if it's been dropped). Shake it for 10 seconds and spray 2-4 puffs into the air, per your medicine's instructions. Priming doesn't waste doses.
- 3 **Shake the Inhaler** - Shake the inhaler to mix the medicine before each use.
- 4 **Prepare the Inhaler** - Remove the cap from the inhaler, and make sure the mouthpiece and spacer are clean with nothing inside them.
- 5 **Attach the Spacer** - Insert the inhaler into the open end of the spacer, and remove the spacer's mouthpiece cap.
- 6 **Breathe Out** - Sit or stand up straight, then breathe out fully, away from the spacer.
- 7 **Position the Spacer** - Hold the inhaler with your pointer finger on top and thumb on the bottom, tilt your head back slightly, and place the spacer mouthpiece in your mouth above your tongue. Close your lips tightly around it.
- 8 **Press and Begin Breathing In** - Press down once on the inhaler to release the medicine, and begin breathing in through your mouth right away.
- 9 **Breathe In Slowly** - Breathe in slowly and deeply for 3-5 seconds. If the spacer whistles, you're breathing in too fast.
- 10 **Hold Your Breath** - Remove the spacer from your mouth and hold your breath for up to 10 seconds.
- 11 **Breathe Out** - Breathe out slowly through your mouth.
- 12 **Repeat If Needed** - Wait about one minute, then repeat the steps if you're taking another puff.
- 13 **Rinse Your Mouth** - Rinse your mouth with water and spit it out (especially important if the medicine contains a steroid).
- 14 **Store the Inhaler** - Replace the caps and store the inhaler in a cool, dry place. Clean the spacer according to its package instructions.

Without Spacer Technique

If you don't have a spacer, timing your breath with the puff is especially important.



- 1 **Check the Dose Counter** - Don't use the inhaler if it reads zero - that means it's empty and needs replacing.
- 2 **Prime If Needed** - Prime a brand-new inhaler before first use (or if you haven't used it in 7+ days, or if it's been dropped). Shake it for 10 seconds and prime according to your medicine's instructions.
- 3 **Shake the Inhaler** - Shake the inhaler to mix the medicine before each use.
- 4 **Prepare the Inhaler** - Remove the cap from the inhaler, and make sure it's clean with nothing inside the mouthpiece.
- 5 **Breathe Out** - Breathe out fully, away from the device, to empty your lungs.
- 6 **Position the Inhaler** - Put the inhaler mouthpiece directly in your mouth, above your tongue, and close your lips tightly around it.
- 7 **Press and Begin Breathing In** - Press down once on the inhaler as you begin breathing in through your mouth - timing matters here, since there's no chamber to hold the dose for you.
- 8 **Breathe In Slowly** - Continue breathing in slowly and deeply for 3–5 seconds.
- 9 **Hold Your Breath** - Hold your breath for 10 seconds.
- 10 **Breathe Out** - Breathe out slowly.
- 11 **Repeat If Needed** - Wait about one minute, then repeat the steps if you're taking another puff.
- 12 **Rinse Your Mouth** - Rinse your mouth with water and spit it out (especially important if the medicine contains a steroid).
- 13 **Store the Inhaler** - Replace the cap and store the inhaler in a cool, dry place.

Ask your care team to watch your technique - small form fixes can make a big difference in how much medicine reaches your lungs.