

What can I do at home?

- Make sure your child knows how to use the inhaler.
- Keep track of how much medicine is in the inhaler.
 - Some DPI inhalers count the doses. This makes it easy to know how many are left.
 - Ask the pharmacist how long the inhaler will last.
- Get refills before your child's inhaler is empty.
- If your child uses more than one inhaler, label them. Then you will know which one to use and when. You can use green, yellow and red stickers to let your child know which inhaler to use every day (green) and which one to use for asthma symptoms (yellow and red).



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How to use a Dry Powder Inhaler?



What is it?

A dry powder inhaler (DPI) holds a fine powder medicine. Your child breathes the medicine in using a deep, fast breath. The **fast** breath carries the medicine to your child's lungs.

What should you know about DPI?

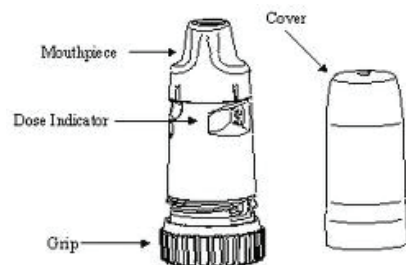
DPI stands for Dry Powder Inhaler. Dry powder inhalers hold controller medicines. Most children 4 years and older can use a dry powder inhaler. The dry powder inhaler must be used the right way to get the full dose of medicine. Dry powder inhalers are small. You can take them with you anywhere. They come in many shapes and sizes. Wash your child's hands before use. Check the mouthpiece for dirt or dry medicine. Wipe it clean if you need to.

How do DPIs differ from MDIs like Albuterol?

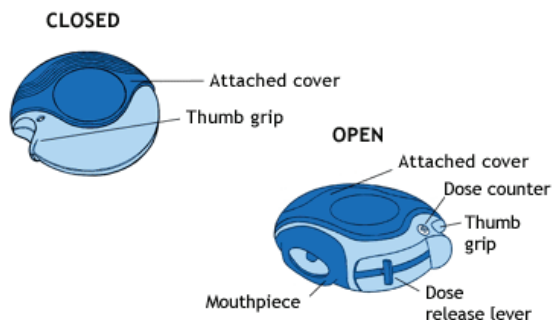
- Your child must breathe in **fast** and **deep**!
- Do not shake the inhaler before you use it
- Do not use a spacer or a mask
- DPIs have counters to tell you how many doses are left.
- Some DPIs have no taste.

What types of DPIs are OK for children?

Pulmicort Flexhaler (budesonide). This is a DPI that is shaped like a rocket or tube (See picture).



Flovent Diskus (fluticasone). This a DPI that is shaped like a saucer. (See picture.)



How to use a Flovent Diskus?

Make sure your child follows the steps below.

1. Open: Keep diskus level in one hand. Put thumb of your other hand on grip and push away until the mouthpiece appears. It will snap into place.
2. Click: Slide lever away from you as far as it will go until you hear or feel a "click." Hold the diskus level and do not tip or you will lose the dose of medicine.
3. Breathe Out: Turn face away and breathe out. Do not blow into the diskus.
4. Inhaler: Put the mouthpiece between your lips. Breathe in as fast and deeply as you can through the diskus. Hold your breath for 10 seconds. (Count to 10.)
5. Close the diskus, then blow out gently.
6. Rinse mouth with water, gargle and spit. Do not swallow.



How to use a Pulmicort Flexhaler?

Make sure your child follow steps below.

To load the dose

1. Hold straight up and twist off white cap.
2. Twist brown base to the right.
3. Twist brown base to the left until you hear a click.



To inhale the dose

1. Turn face away and breathe out. Do not blow into the inhaler.
2. Put your lips around the mouthpiece. Breathe in as fast and deeply as you can. Hold inhaler straight up or you will lose the dose of medicine.
3. Hold your breath for 10 seconds. Blow out gently.
4. Rinse mouth with water, gargle and spit. Do not swallow the water. Inhaler is empty when the number "0" shows in the middle of the red background.