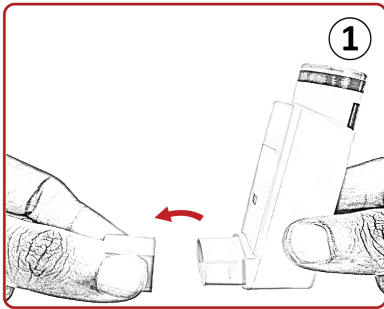
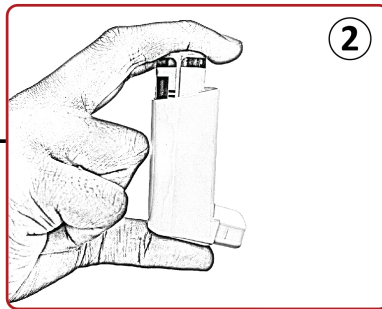


# pMDI

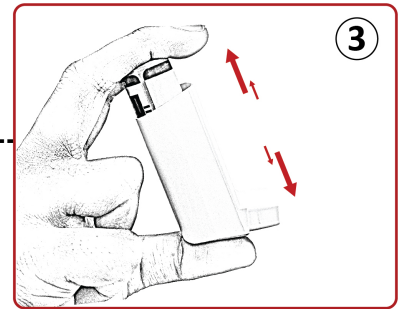
Before using the MDI make sure that the metal canister of is inserted correctly into the plastic “boot” or holder.



Open the cap



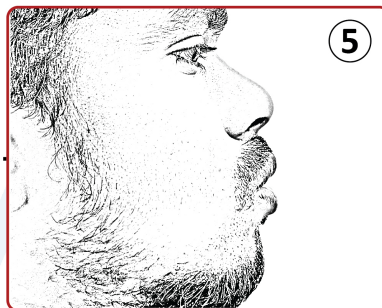
Hold the pMDI between the index finger and thumb



Shake the pMDI five times.



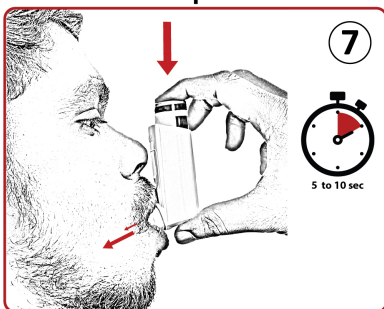
Place the pMDI mouthpiece between the teeth and seal the lips around it



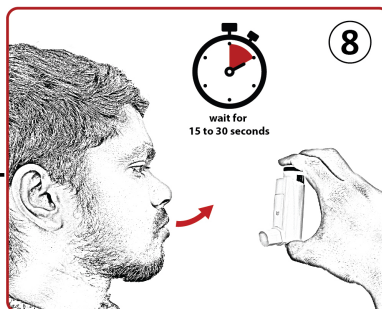
Keep your chin up or level



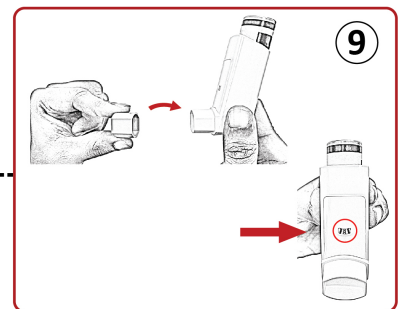
Breathe out by mouth



Now press the inhaler and simultaneously breathe in slowly over 4 seconds. Hold the breath for 5-10 seconds

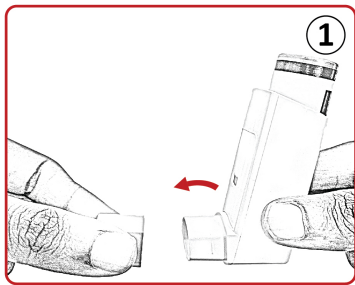


Breathe out slowly. If 2nd puff need then wait for 15 – 30 seconds and proceed with same sequence for each additional dose, including shaking the pMDI.

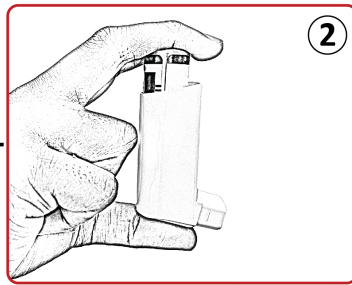


Once finished recap the pMDI and rinse the mouth if corticosteroid inhaler used Check the dose counter to know the availability of medicine

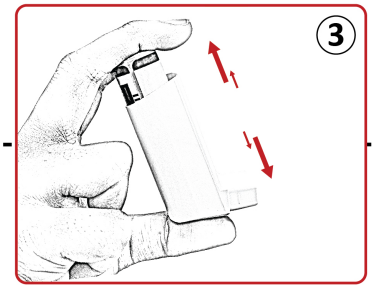
# SPACER + pMDI



Open the cap from the inhaler



Hold the pMDI between the index finger and thumb



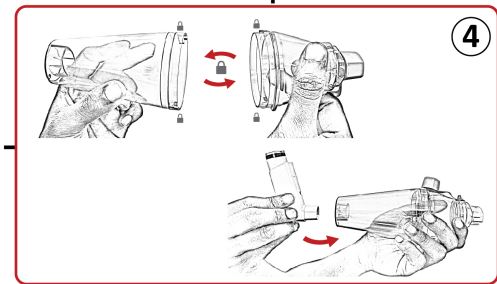
Shake the pMDI five times



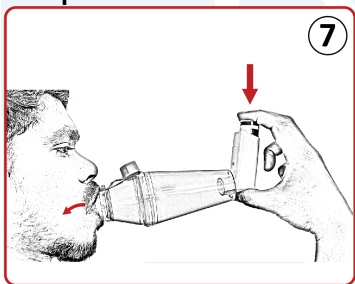
Place the mouthpiece between the teeth and seal the lips around it and Keep your chin up or level



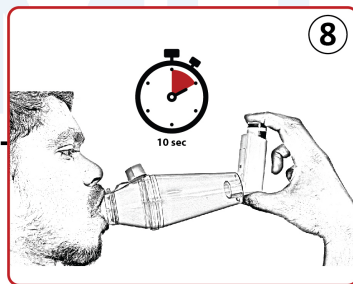
Breathe out by mouth



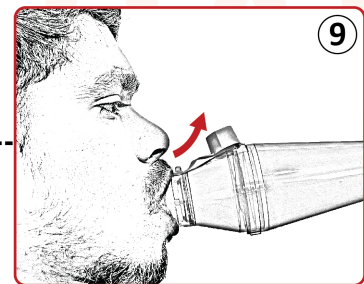
Attach both the halves of the spacer - Insert the inhaler into the spacer



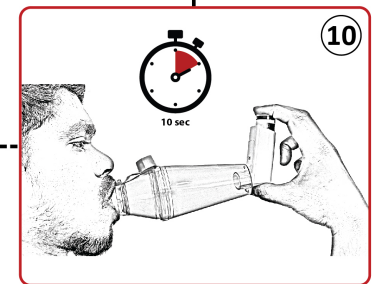
Now press the inhaler and simultaneously breathe in fully and deeply through the mouth.



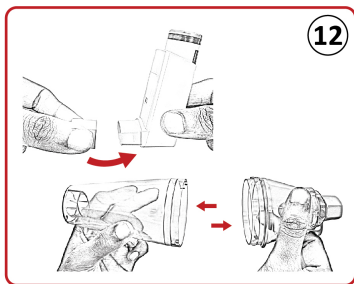
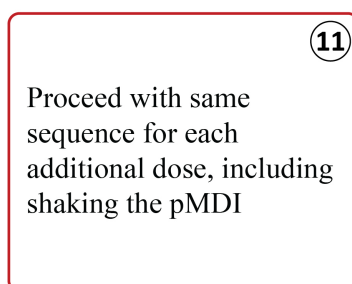
Hold the breath for 5-10 second



Breathe out slowly through the nose.

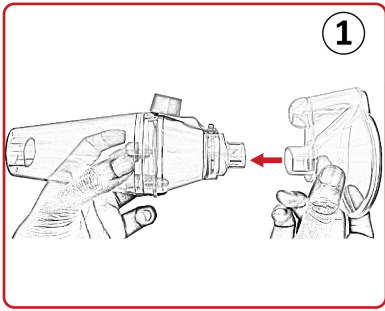


Take the second breath while still holding the spacer and so with the 3rd breath if needed (based on the breath-holding capacity of the subject).

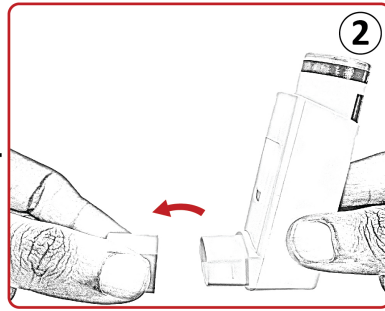


Once finished recap the pMDI and deattach Spacer - rinse the mouth with plain water Check the dose counter to know the availability of medicine

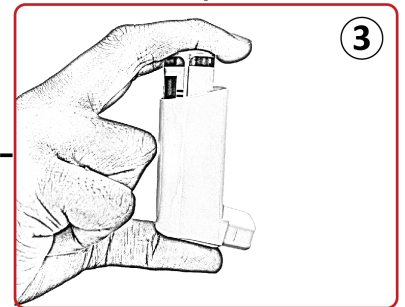
# SPACER + BABY MASK + pMDI



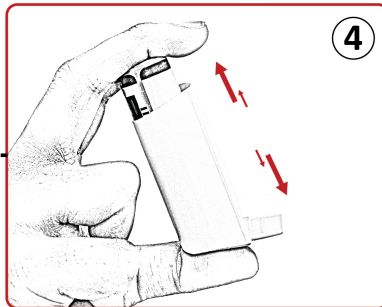
1  
Attach Baby Mask into the spacer



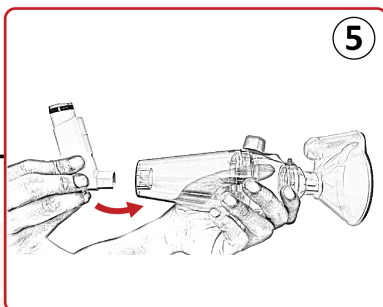
2  
Open the cap from the inhaler



3  
Hold the pMDI between the index finger and thumb



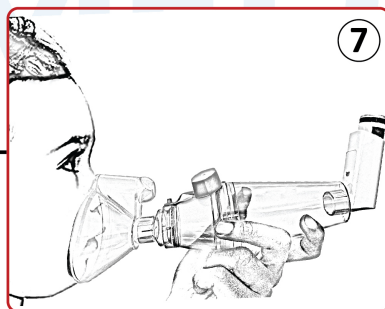
4  
Shake the pMDI five times



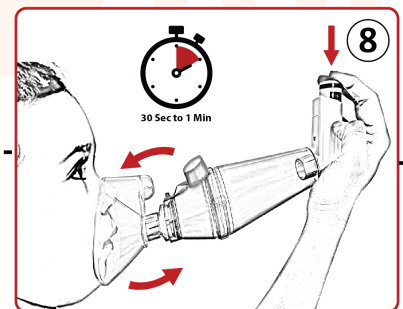
5  
Insert the inhaler into the spacer



6  
Keep the child's chin up or level



7  
Place the Baby Mask firmly around the nose and mouth



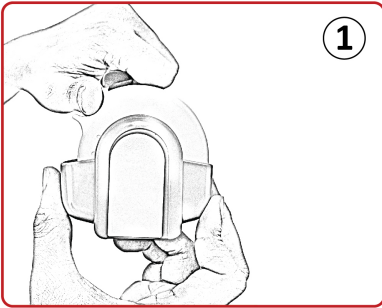
8  
Now press the inhaler and hold it for 30secs to 1min simultaneously if possible, encourage the subject to breathe in and out fully and deeply through the mouth

9  
You can wait for 1 min to proceed with same sequence for each additional dose, including shaking the pMDI

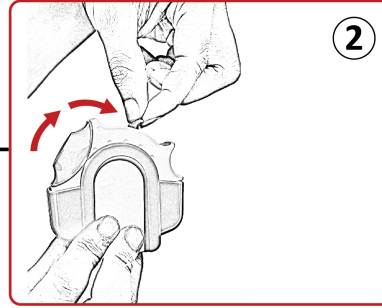
10  
Once finished recap the pMDI and Remove baby mask and Spacer - rinse the mouth

Check the dose counter to know the availability of medicine

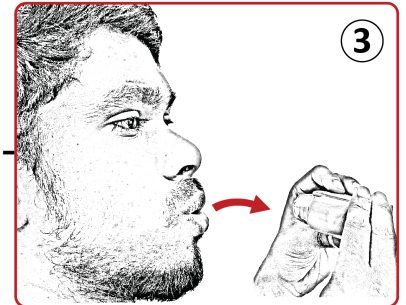
# DPI – MULTIDOSE



1  
Open the Multi-haler by pushing the thumb grip



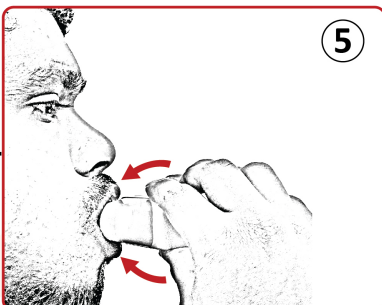
2  
Activate the lever by pushing around until you hear it click  
(Your medication is now loaded)



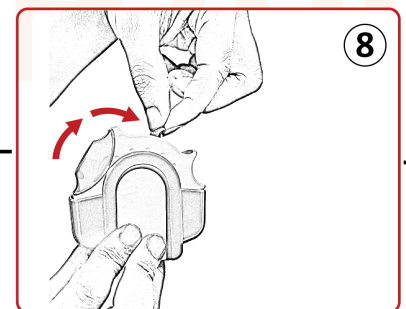
3  
Breathe out away from the Multi-haler



4  
Put the mouthpiece in your mouth and form a good seal with your lips



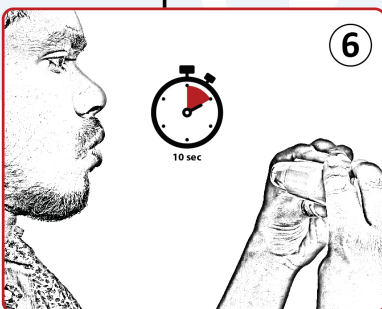
5  
Breathe in steadily through your mouth



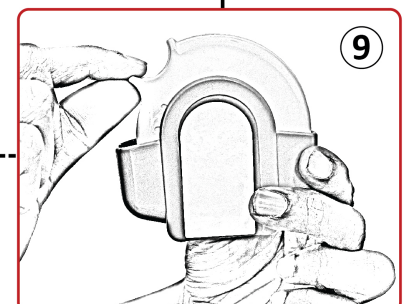
8  
If further doses are required, push the lever back to the starting position and repeat the above steps



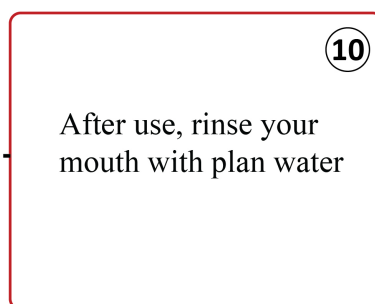
7  
Breathe out gently away from the Multi-haler



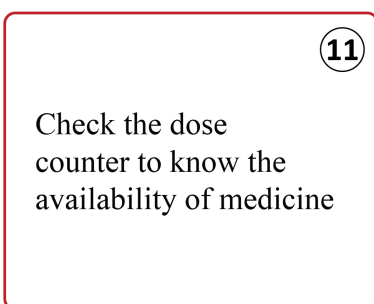
6  
Remove the Device from mouth whilst holding your breath for up to 10 seconds



9  
Close the Multi-haler

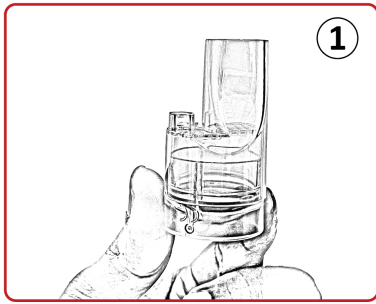


10  
After use, rinse your mouth with plain water

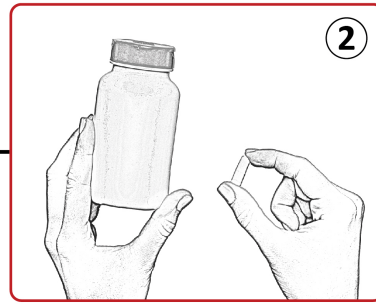


11  
Check the dose counter to know the availability of medicine

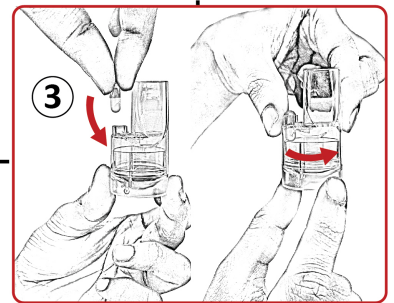
# DPI - SINGLE DOSE



1 Hold the base of the inhaler so that the mouthpiece is on the upside.



2 Remove the capsule from the blister pack immediately before use



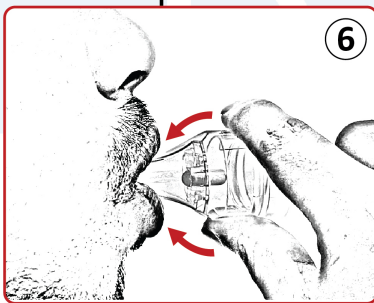
3 Place the capsule into the chamber and rotate the base to separate the two halves so that the medicine is ready;



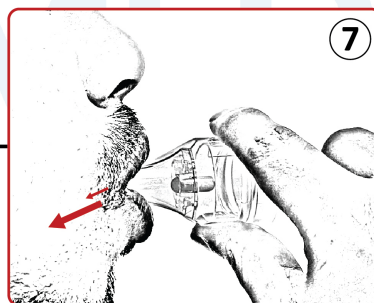
4 Breathe out



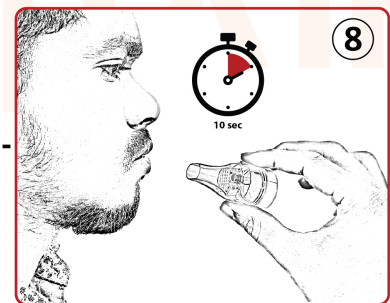
5 Keep your chin up or level



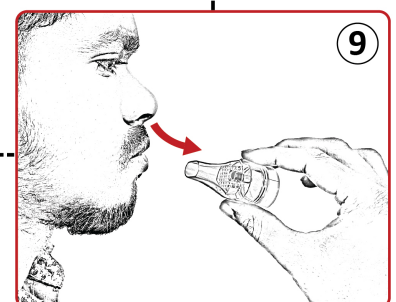
6 Place the mouthpiece into the mouth and close lips tightly around the mouthpiece.



7 Breathe in a full breath rapidly and deeply; the capsule should be heard vibrating in the device.



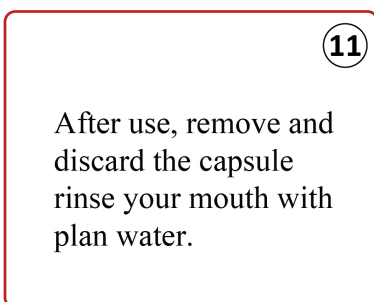
8 Remove the mouthpiece from the mouth and perform a 10-second breath-hold Do not exhale into the device.



9 Exhale through the nose.

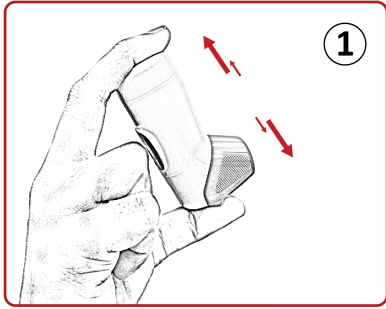


10 Examine the capsule; if there is powder remaining, repeat the inhalation process.

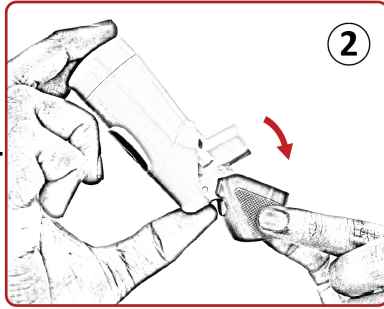


11 After use, remove and discard the capsule rinse your mouth with plan water.

# BREATH-ACTUATED METERED-DOSE INHALERS



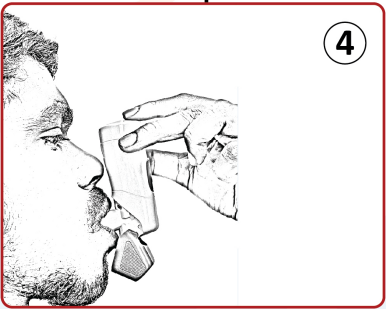
Shake the inhaler - 5 times



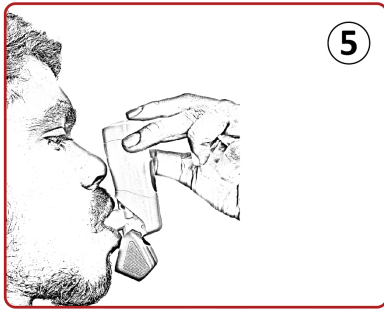
Open cap



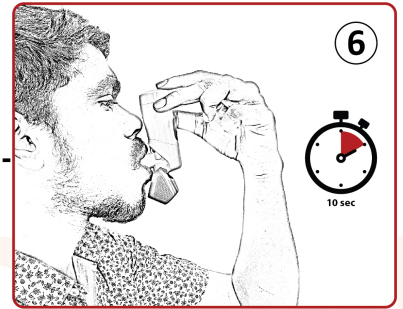
Breathe out



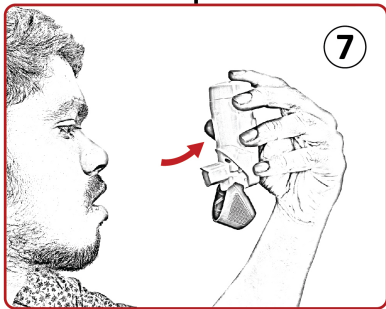
Keep the inhaler mouthpiece between the teeth and seal with lips



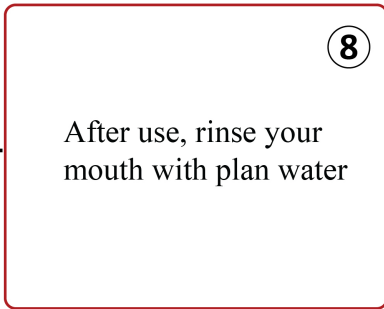
Breathe in steadily



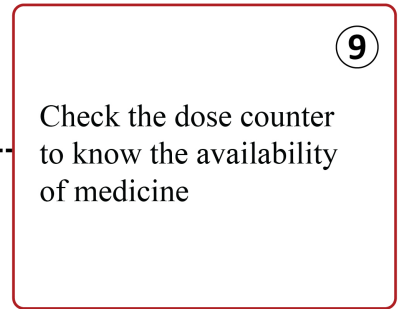
Hold the breath for 10 seconds



Take the inhaler out of the mouth



After use, rinse your mouth with plain water

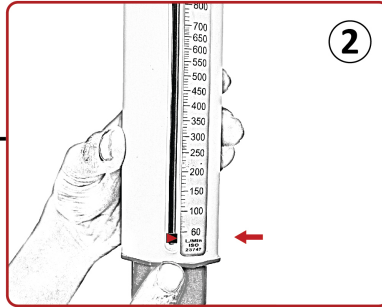


Check the dose counter to know the availability of medicine

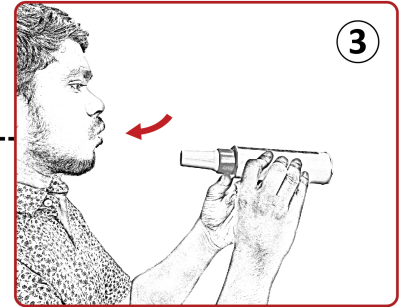
# PEFR Device



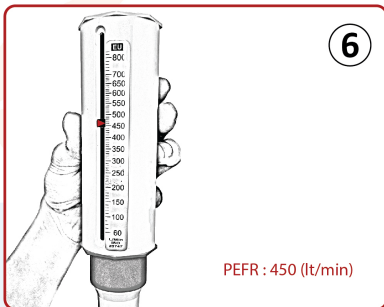
1 Sit or stand up straight. Whichever you choose, make sure you do it this way each time.



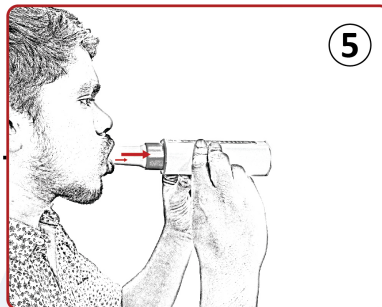
2 Make sure the red marker is at the bottom of the meter



3 Take a deep breath, filling your lungs completely



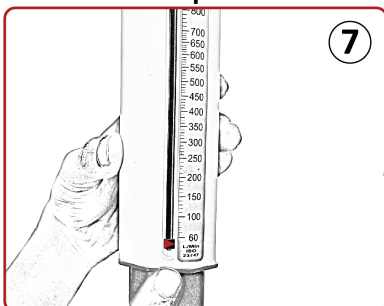
6 Write down the number by the red marker on the meter



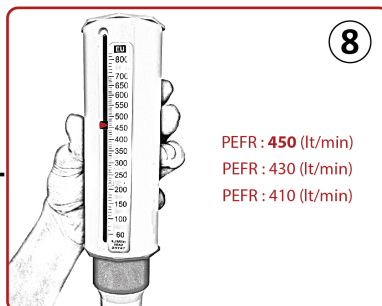
5 Blast the air out as hard and as fast as possible in a single blow



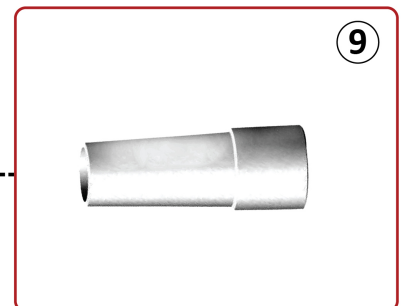
4 Place the mouthpiece in your mouth. Close your lips tightly on the peak flow meter's mouthpiece



7 Put the red marker back at the bottom of the peak flow meter and repeat these steps three times



8 The highest of these three readings is your daily peak flow



9 Remove the mouthpiece from the peak flow meter and clean it with plain water