

Respiratory Medication Device Proper Technique (Get more medication to the lungs)

Is the respiratory medication delivered via an inhaler or nebulizer?

Inhaler

Read Manufacturer Instructions

- Prime MDI and SMI prior to use
- Shake MDI for 5 seconds (use a spacer with MDI for better lung deposition)
- Sit or stand up straight
- Breathe out fully away from inhaler mouthpiece prior to inhaling medication
- Form a good seal with lips on mouthpiece, keep tongue and teeth out of the way
- Breathe in:
 - MDI/SMI slow deep breath in while pressing button
 - DPI fast deep breath
- Hold breath up to 10 seconds or as long as possible
- Rinse and spit after use of inhaler with corticosteroid to help prevent thrush
- Clean:
 - MDI once weekly remove canister and wash casing, shake off extra water, and air dry. Re-prime as directed. Some exclusions apply.
 - SMI once weekly clean mouthpiece with damp cloth
 - DPI occasionally wipe with dry cloth
 - Spacer once weekly disassemble and soak in warm soapy water, rinse, and air dry.
- Additional resources:
 - Nationaljewish.org
 - Copdfoundation.org
 - Use-inhalers.com
 - Manufacturer websites

Nebulizer

Read Specific Manufacturer Instructions

- Jet nebulizers commonly covered by insurance.
- Vibrating Mesh nebulizers not usually covered by insurance.

Jet

Jet Nebulizers

- Treatment time: depending on up to 15 minutes
- AC, DC, and/or battery operated
- Rinse nebulizer cup after each use, shake off excess water and air dry
- Clean in warm soapy water daily and air dry
- Disinfect weekly
- Replace nebulizer cup set up: Disposable: every 2 weeks, Reusable every 6 months
- Replace filter every 6 months or as recommended

Vibrating Mesh

Vibrating Mesh

- Treatment time: depending on manufacturer up to 4 minutes
- AC and battery operated
- Portable
- Virtually silent
- Rinse nebulizer cup after each use, shake off excess water and air dry
- Clean daily and air dry
- Disinfect weekly
- Replace mouthpiece/nebulize cup as directed.