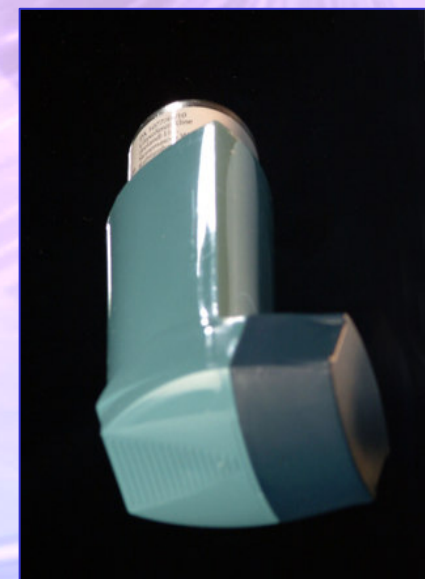




Children's Respiratory Department

Metered Dose Inhaler



THE ADELAIDE & MEATH
HOSPITAL, DUBLIN
INCORPORATING THE NATIONAL
CHILDRENS HOSPITAL

Patient Information Leaflet

The Children's Respiratory Team

Mary McDonald :
Advanced Nurse Practitioner
Candidate

Catherine Carrig :
Clinical Nurse Specialist

Mary Devitt :
Clinical Nurse Specialist

01 4142000 bleep 7302 or 2945
01 4144246 / 01 4144751
(Monday – Friday)

For appointments contact

01 4142409/4142410

For further information on asthma
and demonstration of devices log on
to www.asthmasociety.ie
E-mail: office@asthmasociety.ie
No: 1850445464

Medications

..... is the blue
inhaler known as the **reliever**.

Two puffs of the blue inhaler can
be taken up to four times a day if
needed.

It should work within five minutes
and last up to four hours.

..... is the
inhaler known as the **preventer**.

It is an anti-inflammatory medication
and contains a steroid.

It must be taken everyday to prevent
inflammation in the lungs.

Rinse your mouth after using the
preventer to prevent hoarseness or oral
thrush. **Should use spacer device with
inhaler for administration of your
preventer.**

**When using the two inhalers always
use the reliever (blue inhaler) first**

How to use

1. Shake the inhaler
2. Remove the protective cap from the inhaler.
3. Breathe out gently.
4. Place the mouthpiece in the mouth. Take care to ensure that the teeth and tongue do not obstruct the mouthpiece.
5. Press the inhaler as the child begin an inhale slowly and deeply.
6. Continue to breath in slowly and deeply and hold breath for 10seconds or as long as is comfortable
7. Then breathe out slowly
8. Only one puff of medication should be delivered at a time.
9. For addition dosages of the inhaler repeat steps 2-8
10. Replace the protective covering the inhaler.

Cleaning and storage

- Keep the inhaler clean especially the mouth piece
- To clean remove inner canister and clean the inhaler body with lukewarm soapy water weekly
- Allow to dry naturally.
- Store in a container or bag to keep clean.
- Replace when empty

Features

- Before initial use test spray or if not used for a period of time.

For further information please read manufactures instructions.

Metered dose inhalers

