



COPD Medications

Long acting

Combination Medications

Advair®

- 100/50 250/50 500/50



AM 1 Puff PM 1 Puff

- 45/21 115/21 230/21



AM 2 Puffs PM 2 Puffs

Symbicort®

- 80/4.5 160/4.5



AM 2 Puffs
PM 2 Puffs

Other

Serevent®



Spiriva®



AM 1 Puff

Steroid Inhalers

Flovent®

- 44 mcg 110 mcg 220 mcg 50 mcg



AM 1 2 Puff (s)
PM 1 2 Puff (s)

Asmanex®



AM 1 2 Puff (s)
PM 1 2 Puff (s)

Pulmicort®

- 90 mcg 180 mcg



AM 1 2 Puff (s)
PM 1 2 Puff (s)

Short acting

2 puffs every _____ hours as needed



ProAir® Proventil® Ventolin® Xopenex®

Atrovent®



2 Puffs 2 Puffs
 2 Puffs 2 Puffs

Combivent®



2 Puffs 2 Puffs
 2 Puffs 2 Puffs

Contact your provider if you have questions about the information provided.

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How to Use Your Diskus



1 Hold it like this



2 Put your thumb here



3 Push thumb this way to open



4 Here is the mouth piece to open



5 Put your thumb here



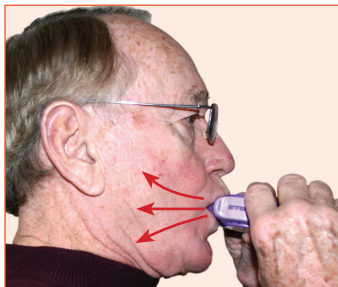
6 Push back to click open



7 Window is open, medicine is inside. **Do NOT shake.**



8 Breathe **OUT** and away from the diskus



9 Close lips around the mouthpiece. **Breathe IN fast and deep.**



10 Hold your breath for 10 seconds if you can



11 Close the diskus



12 Rinse with water and spit out

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How to Use Your Dry Powder Inhaler (Asmanex®)

AM  1 2 Puff (s)

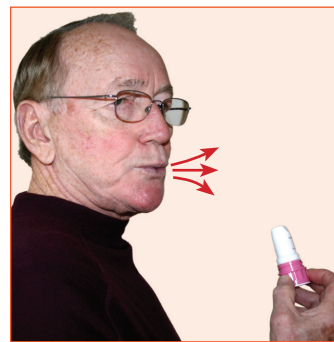
PM  1 2 Puff (s)



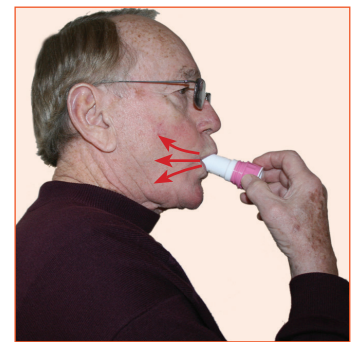
1 Twist bottom like this to remove cap



2 Here is the cap and the mouthpiece



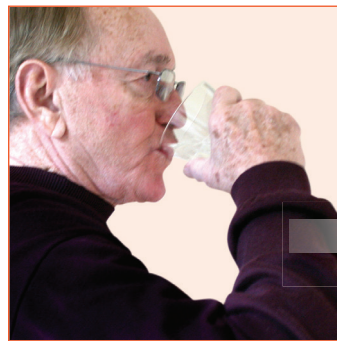
3 Breathe **OUT** and away from inhaler



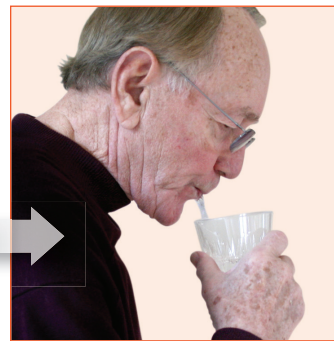
4 Put lips around mouthpiece. Breathe **IN** fast and deep.



5 Hold your breath for 10 seconds if you can



6 Rinse with water and spit out



7 Put cover on and twist to close

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Here for you



How to Use Your Dry Powder Inhaler (Pulmicort®)

AM  1 2 Puff (s)

PM  1 2 Puff (s)

90 mcg

180 mcg



1 Twist bottom like this to remove cap



2 Here is the cap and the mouthpiece



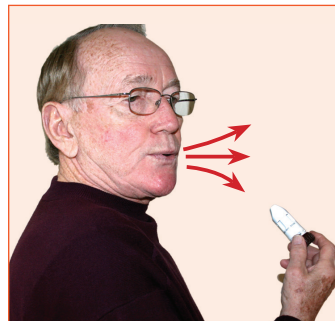
3 Hold the mouthpiece



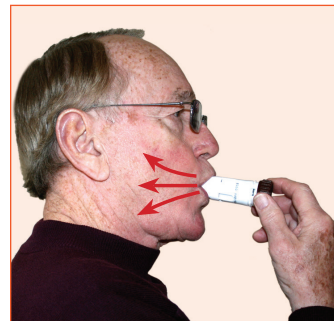
4 Twist bottom this way



5 Then back this way to hear "click". Now the inhaler is ready to use



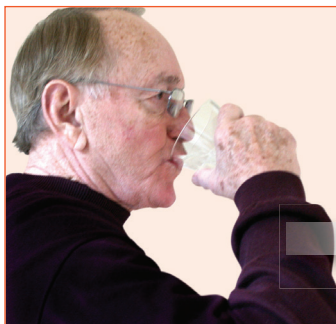
6 Breathe **OUT** and **AWAY** from inhaler



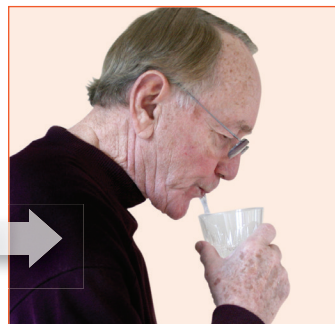
7 Put lips around mouthpiece. Breathe **IN** fast and deep.



8 Hold your breath for 10 seconds if you can



9 Rinse with water and spit **OUT**



10 Put cover back on, twist to close

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How to Use A Spacer with Control Inhaler

AM  1 2 Puff (s)

PM  1 2 Puff (s)



1 Take the cap off the inhaler



2 Shake the inhaler



3 Attach to spacer



4 Take the cap off the spacer



5 Breathe OUT all the way



6 Close lips around mouthpiece



7 Press down here



8 Breathe IN slow and deep



9 Hold your breath for 10 seconds if you can.



10 Then breathe out slowly



11 If you need another puff of medicine, wait 1 minute then repeat steps 5-10



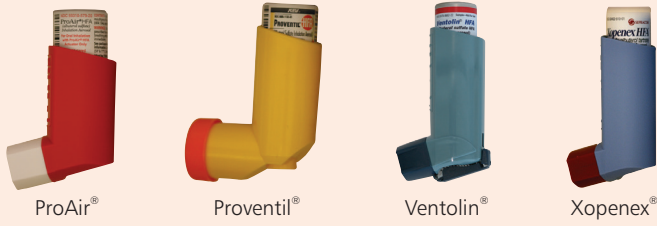
12 Rinse with water and spit OUT

Contact your provider if you have questions about the information provided.

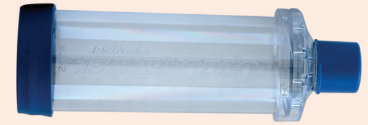
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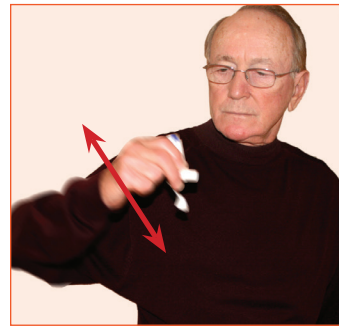
How to Use Your Spacer and Quick Relief Inhaler



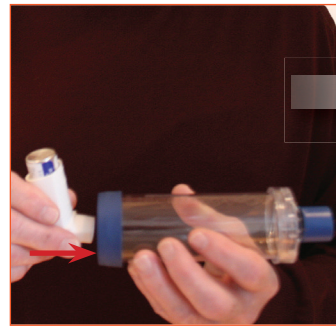
- 2 puffs before exercise
- 2 puffs every _____ hours as needed



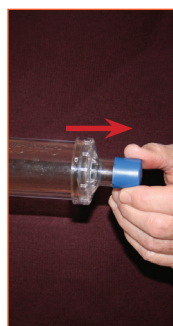
1 Take the cap off the inhaler



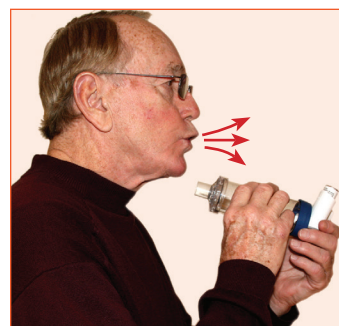
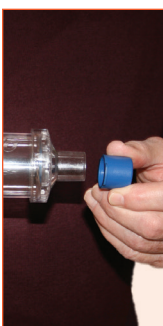
2 Shake the inhaler



3 Attach to spacer



4 Take the cap off the spacer



5 Breathe **OUT** all the way



6 Close lips around mouthpiece



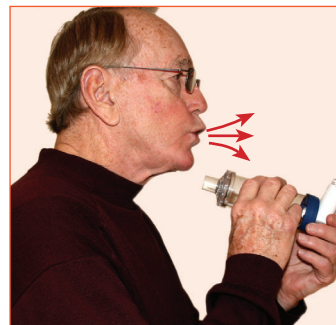
7 Press down here



8 Breathe **IN** slow and deep



9 Hold your breath for 10 seconds if you can.



10 Then breathe out slowly



11 If you need another puff of medicine, wait 1 minute then repeat steps 5-10

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How to Use the Spiriva® HandiHaler®

STEP 1 Get Your HandiHaler® Ready to Use



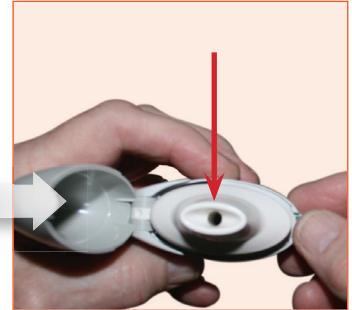
A Press green button to open the cap



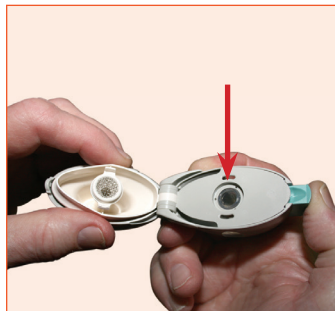
B Pull cap up



C This is the mouthpiece



D Open the mouthpiece

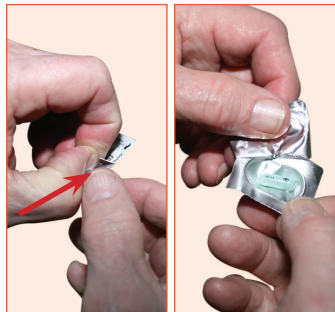


E Medicine goes in here

STEP 2 Get Your Spiriva® Medicine Ready to Use



A Open one Spiriva® medicine pack



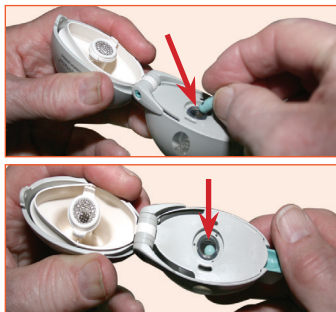
B Pull back here to open Spiriva®



C Take capsule out



D Do NOT put capsule in mouth



E Put capsule here



F Close mouthpiece tightly.



G You will hear a click



H Press the green button all the way in (only press once). This crushes the medicine inside

➤ see next page for STEP 3

How to Use the Spiriva® HandiHaler® continued from previous page

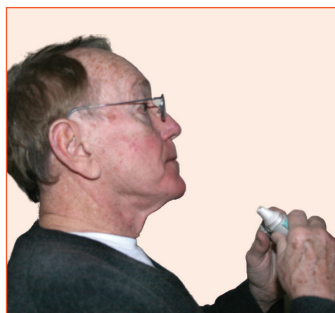
STEP 3 To Take Your Medication



A Put lips around mouthpiece



B Breathe in slow and deep



C Remove HandiHaler® and hold your breath as long as you can



D Breathe out and breathe normally



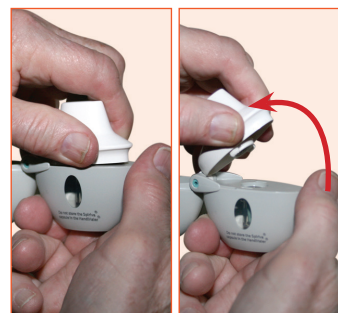
E Breathe in again slow and deep



F Remove HandiHaler® and hold your breath as long as you can



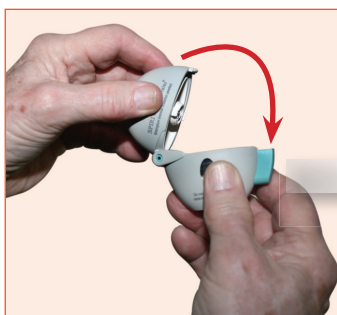
G Breathe out and breathe normally



H Open the mouthpiece



I Remove used capsule



J Close your inhaler



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