USING A SPACER
If you use a metered dose inhaler (MDI), a spacer will help get the correct dose of medication into your lungs. Ask your doctor about a spacer. If you don’t already have one, you need one. Spacers increase your medication’s effectiveness by up to 50%.

1. Shake the inhaler well (holding it upright).
2. Fit the inhaler into the opening at the end of the spacer.
3. Seal lips firmly around the mouth piece.
   - press the inhaler once only
4. Take 1–6 slow breaths in and out through your mouth. Do not remove the spacer from your mouth between breaths.
   - remove the spacer from your mouth
5. Repeat steps 1-4 for further doses.

Washing your spacer
Wash your spacer once a week with warm water and dishwashing liquid. DO NOT RINSE. DRIp DRY to ensure that your medicine gets into your lungs and doesn’t stick to the sides of the spacer.

CLEANING YOUR MDI
All MDIs (Metered Dose Inhalers) need to be washed weekly. Here is how to wash and dry an MDI.

1. Remove the plastic mouth-piece cap.
2. Remove the metal canister (don’t put it in water).
3. Rinse the mouthpiece and cap under warm water for at least 30 seconds.
4. Shake off any excess water and dry the mouthpiece and cap thoroughly.
5. Put the metal canister back in, and replace cap.

Check the manufacturers’ instructions for any special instructions for your type of inhaler.

USING YOUR TURBUHALER
1. Unscrew and remove the protective cover.
2. Hold the Turbuhaler upright.
3. Twist the coloured grip as far as it will go in one direction and then back again until you hear a click
   - Your Turbuhaler is now loaded with a dose of medication. Breathe out gently.
4. Place the mouthpiece between your lips.
   - Suck in deeply and forcefully through the Turbuhaler. You may not taste or feel the medication.
   - Remove the inhaler from your mouth and breathe out. Do not breathe back into the mouthpiece as you will make it damp inside.
   - If more than one dose is required, repeat the steps above.
   - When you are finished, place the cover back on the inhaler and twist shut.
5. Your Turbuhaler has a dose indicator window just below the mouthpiece. When you see red in the window it is time to get a new Turbuhaler.

Caring for your Turbuhaler
- Do not wash your Turbuhaler as it will not work properly if it gets wet.
- Wipe the mouthpiece with a dry tissue or cloth.

Produced by the Asthma Foundation
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www.asthmafoundation.org.nz

Helping New Zealanders breathe easier
Please call 0900 4 ASTHMA (0900 4 278 462) to make an automatic $20 donation
All donations are appreciated
The Asthma Foundation is New Zealand’s not for profit sector authority on asthma and other respiratory illnesses.
We advocate to government, fund research for better treatments and educate on best practice.

See your doctor for an influenza vaccination every March
FEELING GREAT

Your asthma is under control when
- you don’t have asthma symptoms most days (wheeze, tight chest, breathlessness, or a cough)
- you don’t wake up at night with asthma symptoms
- you can continue with all your usual activities
- you can use a reliever less than 3 times per week

your peak flow reading is above

Symptom controller
Preventer
Reliever
Exercise management
Emergency Reliever

Let’s keep calm, but get prepared...
- continue with your regular medication
- take your reliever as required (up to a maximum of 12 puffs in 24 hours)
- if you have been prescribed prednisone begin as follows:

<table>
<thead>
<tr>
<th>prednisone</th>
<th>mg</th>
<th>for</th>
<th>days</th>
</tr>
</thead>
<tbody>
<tr>
<td>and then</td>
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Medication alert
- if you regularly need to take more than 6 puffs of reliever every day, see your doctor as there is a risk of harmful side effects
- if you regularly take more than 3 doses of reliever a week you should be taking regular preventer medication

GETTING WORSE

Caution - your asthma is getting worse when
- you are waking at night with asthma symptoms; or
- you are very breathless or wheezy; or
- exercise or daily activities are becoming difficult because of asthma symptoms; or
- you are using more reliever than usual; or
- your reliever lasts a much shorter time

your peak flow reading is below

Medication alert
- if you are not improving within 1 hour of taking your reliever or your symptoms worsen, move to the emergency zone
- if you need to take more than 12 puffs of reliever in 24 hours, see your doctor today; or
- if you have no prednisone see your doctor or pharmacist today
- if you are no better after 1-2 days of commencing prednisone, see your doctor
- if you require 2 or more courses of prednisone see your doctor

MEDICAL ALERT

Best peak flow: ____________________________
Plan prepared by: __________________________
Date prepared: ____________________________
Review date: ____________________________
GP: ____________________________
Doctor's /Nurse's signature: ____________________________