

# HOW TO USE A DRY POWDER INHALER



A dry powder inhaler contains pre-set doses of medicine in powder form. When you take a deep, fast breath in from the inhaler, the medicine is released into your airways.

## HOW TO USE IT

Here are general steps for how to use a dry powder inhaler. **Always read and follow the instructions that come with *your* inhaler. If you don't use your inhaler correctly, you won't get the right amount of medicine.**

1. Open the cover. Hold the inhaler as shown in your instructions.
2. Load a dose of medicine as shown in your instructions. Do not tip or shake the inhaler.
3. Stand up or sit up straight.
4. Holding the inhaler away from your mouth, breathe out completely to empty your lungs.
5. Place the mouthpiece of the inhaler in your mouth. Close your lips around it to form a tight seal.
6. Take a fast, deep, forceful breath in through your mouth. Take as big a breath as possible.
7. Hold your breath and count to 10.
8. Take the inhaler out of your mouth. Breathe out slowly.
9. If you have an action plan and it says to take more than 1 dose of medicine, wait 1 minute between doses. Repeat steps 2 through 8.
10. When you finish, close the cover. Store the inhaler in a cool, dry place (not in the bathroom).
11. If your medicine is an inhaled corticosteroid, rinse your mouth with water and spit it out. Rinsing helps to prevent an infection in the mouth.
12. Some multi-dose dry powder inhalers have a built-in counter to tell you how many doses are left. When the counter gets to "0," throw it away. Get a refill of your inhaler before the counter gets to "0."



Examples of dry powder inhalers



NIH Publication No. 21-HL-8164  
October 2021

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## HOW TO CLEAN IT

**Keep your inhaler clean** so it can work properly. Always read and follow the instructions that come with your inhaler.

- Wipe the mouthpiece at least once a week with a dry cloth.
- Do not use water to clean the dry powder inhaler.

## ALWAYS REMEMBER...

If you have asthma, chronic obstructive pulmonary disease (COPD), or another chronic lung disease, it is important to:

- Take your medicine as prescribed.
- Use the proper technique to deliver the medicine to your lungs.

Ask your doctor, pharmacist, or other healthcare professional (such as nurse practitioner, physician assistant, nurse, respiratory therapist, or asthma educator) to show you how to use and clean your dry powder inhaler. Review your technique at each follow-up visit.

