

# Inhalers and Nebulizers

Inhalers and nebulizers are devices used to get asthma medicine deep into your lungs.

## What to Know

- A nebulizer is a machine that turns liquid medicine into a mist so a person can breathe it straight into the lungs.
- Inhalers deliver medicine quickly. There are different kinds of inhalers: **metered dose inhalers** and **dry powder inhalers**.
- A special plastic tube called a spacer is used with a metered dose inhaler to help make sure the medicine goes all the way into your lungs, not just into your mouth and throat.

## What to Do

- **To use a nebulizer**, add medicine to the machine. Put on the mask or put your mouth over the mouthpiece. Turn the nebulizer on. Then sit and breathe normally for 5 to 10 minutes until all the medicine is in your lungs.
- **To use most metered dose inhalers**, take off the plastic cap and shake the inhaler to mix up the medicine inside. Fit the inhaler into the spacer. Breathe out and put the mouthpiece into your mouth. Then push the inhaler once so the medicine goes into the spacer and breathe in slowly. Hold your breath for at least 10 seconds, then breathe out. If you're helping a child use a spacer with a mask, be sure the child takes six normal breaths after the medicine is in the spacer.
- **To use a dry powder inhaler**, hold it flat. Don't shake it. Slide the door open to find the mouthpiece and push the lever until it clicks. Breathe out normally and place your mouth on the mouthpiece. Then breathe in quickly, as hard as you can. Hold your breath for at least 10 seconds, then breathe out.
- Bring your medicines to every doctor's appointment. Ask your doctor if you need to do anything special, like rinsing out your mouth after taking certain kinds of medicine.



## For More Information

- American Lung Association  
[www.lungusa.org](http://www.lungusa.org)
- American Academy of Allergy, Asthma & Immunology  
[www.aaaai.org/patients](http://www.aaaai.org/patients)
- Asthma and Allergy Foundation of America  
[www.aafa.org](http://www.aafa.org)
- KidsHealth  
[www.KidsHealth.org](http://www.KidsHealth.org)



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