

# Using a dry powder inhaler (DPI): Flexhaler



## What is a dry powder inhaler (DPI)?

A DPI is a way to get asthma medicine into the lungs. The inhaler holds tiny grains of powder medicine. You must breathe the medicine in deep and fast to get it into your lungs.

- A spacer should not be used when using this type of inhaler.
- A Flexhaler DPI can travel with you when you leave home.

## How do I use a DPI?

### First use

Before the first use, get the Flexhaler DPI ready.

- Hold the Flexhaler DPI in the middle, twist the brown grip in one direction until it stops.
- Then twist it back to its starting position. You will hear a click.

You do not need to do this again, only on the first use.

### Prepare

1. Wash your hands.
2. Check your medicine to make sure it is not expired.
3. Hold the Flexhaler DPI upright with the grip at the bottom. **Do not shake** the Flexhaler DPI.
4. Twist to remove the white cap from the mouthpiece of the Flexhaler DPI.

### Use the Flexhaler DPI

1. Hold the Flexhaler DPI in the middle, twist the brown grip in one direction until it stops and then twist back to its starting position. You will hear a click.
2. While holding the inhaler under your chin, take a deep breath in and blow the air out of your lungs.
3. Put your lips around mouth piece and breathe in deep and fast.
4. Remove the spacer Flexhaler DPI from mouth. Close your mouth and hold your breath for 10 seconds.
5. Blow the air out of your lungs.
6. Repeat steps 1 to 5 if another dose is needed.
7. Rinse mouth with water and spit out.

### Special Instructions:

- Never use a spacer device or holding chamber with the Flexhaler
- Never shake or breathe **into** the Flexhaler
- Clean mouth piece with dry tissue at least once a week
- If there is a red mark on the dose counter, there are less than 20 doses left. This means it is time to order a new inhaler from the pharmacy.

### For more health and wellness information check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**