

## How to Use an Inhaler Nasal Spray

### Supplies

- A standard baby bottle nipple (do not use a Playtex® nurser nipple)
- Your meter dose inhaler

### Steps to Follow

1. Gently blow your nose to clear the nostrils.
2. Remove the mouthpiece cap from the inhaler.
3. Remove the baby bottle nipple from the plastic cover.
4. Cut a larger hole in the nipple where the tiny hole is. This needs to be large enough for the medicine to go through it into the nostrils.
5. Attach the nipple to the mouthpiece of the inhaler.
6. Prime the inhaler 4 times before using the first time. If you haven't used the inhaler in 7 days or the inhaler has been dropped, prime it 1 time.
7. Shake the inhaler well for 5 seconds before each spray.
8. Put the nipple up to one nostril. **Bend your head forward** so the spray will aim toward the back of your nose.

9. Aim the inhaler away from the center of your face and **gently** sniff the spray. Do not snort it.

10. Breathe out through your mouth.

11. Repeat the steps for the other nostril.

Repeat the steps 1-11 if you were told to use more than one spray. **Always** follow the directions.

**Store your inhaler upright** with the mouthpiece down like a boot in the closet.

Clean your inhaler once a week after the evening dose. Damp a cotton swab with water to clean the small circular opening where the medicine is sprayed from the canister. Gently twist the swab in a circular motion to remove any medicine. Repeat. Wipe the inside of the plastic mouthpiece with a clean damp tissue. Let the actuator air-dry overnight.

**Do not put any part of your inhaler in water.**

**Hint:** Keep an empty dispenser. Place canister in this dispenser and switch with each weekly cleaning.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2020. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#6684.