Asthma 1 2 3

Your Medicine
Manage Your Asthma: Medicine

Your asthma medicine can help you manage your symptoms. Most people with asthma use quick relief medicine. This medicine usually comes in a metered-dose inhaler.

You should take quick relief medicine when you are having asthma symptoms. Your doctor may also ask you to use quick relief medicine if you will be near an asthma trigger. Tell your doctor if you have to take your quick relief medicine more than two times a week.

To use your quick relief inhaler you need to use a spacer. A spacer is a short tube. It attaches to your inhaler. Inhalers and spacers come in different shapes and sizes, but all are used the same way.

Your quick relief medicine opens your airways. To prevent asthma attacks, some people also use long term medicine. Talk to your doctor about long term medicine.

Taking Your Quick Relief Medicine

It's as simple as READY - SET - GO

Get your inhaler Ready

Shake your inhaler 5 or 6 times.

Remove the caps from both your inhaler and your spacer.

Put the open end of your inhaler into the bottom of the spacer. Make sure your inhaler and spacer snugly fit together.
Breathe out slowly.

Put the open end of the spacer up to your lips and behind your teeth. Press your lips firmly around the mouthpiece.

Keep your tongue out of the way. Make sure that you have no food, gum, or candy in your mouth.

Press down on the top of the inhaler.

Breathe in slowly and deeply through your mouth.

Hold your breath for 5 to 10 seconds. Then, breathe out.

Wait at least 1 minute. Then, if you need another dose, repeat the steps. Rinse your mouth out with water after you are finished.

You never know when or where you may have an asthma attack. Keep your quick relief medicine with you at all times.

- Take quick relief medicine when you are having asthma symptoms or an asthma attack.
- To use quick relief inhalers, first get your inhaler READY: Shake the inhaler and put the open end in the spacer.
- Then, get your mouth SET: Breathe out and press your lips around the mouthpiece of the spacer.
- Finally, GO: Push down on the inhaler and breathe in slowly.