

MEDfacts

An Educational Health Series From National Jewish Health®



Using A RediHaler®

Many medications are available as inhaled treatments. Inhaled methods deliver medication directly to the airway, which is helpful for lung diseases. The patient and health care provider can choose from a variety of delivery systems for inhaling medication.

A RediHaler® consists of a pressurized canister of medication in a plastic case with a mouthpiece. The RediHaler® is breath activated. This means when you inhale, the RediHaler® automatically releases a mist of medication. When inhaled correctly, the medication has a better chance to reach the small airways. This increases the medication's effectiveness. Its portable size, efficiency and convenience make the RediHaler® a desirable method for inhalation treatment.

The following steps outline the best method to use a RediHaler®.

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How to Assemble the RediHaler®

1. Hold the RediHaler® with the mouthpiece down.
2. Open the white cap that covers the mouthpiece. Do not open the cap unless you are ready to take a dose.
3. Do not cover the air vents at the top of the RediHaler®.
4. Do not shake the RediHaler®.



Taking an Inhaled Treatment

1. Gently breathe out.
2. Seal your lips tightly around the mouthpiece.
3. Inhale deeply with steady, moderate force. You will hear a click and feel mist when your breath activates the medication. Do not stop inhaling when you feel the mist. Continue to take a full, deep breath.
4. Hold your breath for up to ten seconds. This allows the medication time to deposit in the airway.
5. Resume normal breathing.

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6. Close the white cap after inhaling the medication to prepare for the next dose.
7. Repeat steps 1-6 when more than one puff is prescribed.
8. If the medication you are taking is an inhaled steroid rinse your mouth after using the RediHaler®.

Identifying When the RediHaler® is Empty:

9. **The RediHaler® has a dose indicator on the back of the device.** Numbers on the dose indicator show how many doses are left in the RediHaler®.
10. When there are twenty doses left in the RediHaler® the numbers on the dose indicator will turn red. This means it is time to refill the medication.
11. When the red number is at 0 with a solid red background the RediHaler® is empty. Plan to get a new RediHaler® before the dose indicator gets to 0.



Cleaning and Care

1. Clean the RediHaler® once a week or sooner if needed.
2. Wipe the mouthpiece with a clean dry cloth.
3. Do not put the RediHaler® in water.
4. Keep the RediHaler® closed when not in use.

Note: This information is provided to you as an educational service of National Jewish Health.

It is not meant to be a substitute for consulting with your own physician.

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