Using Pressair™

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.

The Pressair™ device consists of a plastic device to inhale medication. The device is breath activated. This means when you inhale, the Pressair™ device automatically releases the medication. When inhaled correctly, the medication has a better chance to reach the small airways. This increases the medication's effectiveness. The portable size, efficiency and convenience make the Pressair™ device a desirable method for inhalation treatment.

The following steps outline the best method to use the Pressair™ device.

How to Prepare to use Pressair™

- Remove the protective cap by lightly squeezing the arrows marked on each side of the cap and pulling outwards. Check to make sure nothing is blocking the mouthpiece.

Taking an Inhaled Treatment:

- Hold the Pressair™ with the mouthpiece facing you, but not inside your mouth. The green button should be facing straight up.
- Before you put the inhaler into your mouth, press the green button all the way down.

- Release the green button. Do **not** continue to hold the green button. This will load the medicine, so you can inhale the medicine when you breathe in.

- Check the Control Window to make sure your dose is ready for you to inhale. Make sure the control window has changed from red to green.
  - If the control window is **green** the medicine is ready to inhale.

  - If the control window is still **red**, press and release the green button again. Check the control window to make sure it has changed from red to green.

- Hold the Pressair™ away from your mouth and gently breathe out. Do not blow into the Pressair. ™
- Seal your lips around the mouthpiece. Do not breathe out into the inhaler.
- Inhale rapidly and deeply. You will hear a "click" sound. Continue to take a full, deep breath in to make sure you get the full dose. Do **not** hold the green button down while you are breathing in.

- Take the Pressair™ out of your mouth.
- Resume normal breathing.
- Check the control window to see if it turned to red from green.
  - If the window is **red** you have inhaled your full dose of medicine.
  - If the control window is still **green**, inhale again rapidly and deeply.
  - If you are unable to inhale the medicine correctly after several tries, check with your health care provider.

Keep the cover on the Pressair™ when not in use. This will help keep the Pressair™ clean and dry.

Note: This information is provided to you as an educational service of LUNG LINE®. It is not meant to be a substitute for consulting with your own physician.

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The Mount Sinai − National Jewish Health Respiratory Institute was formed by the Icahn School of Medicine at Mount Sinai, a top ranked academic medical center in New York City, and National Jewish Health, the nation's leading respiratory hospital, based in Denver, Colorado. Combining the strengths of both organizations into an integrated Respiratory Institute brings together leading expertise in diagnosing and treating all forms of respiratory illness and lung disease, including asthma, chronic obstructive pulmonary disease (COPD), interstitial lung disease (ILD) and bronchiectasis. The Respiratory Institute is based in New York City on the campus of Mount Sinai.