



Name of Child: _____ Date: _____

How Many Puffs are Left?

It is not safe to run out of asthma medicine. You need to get more medicine (a refill) before you run out. **Order your next inhaler when the one you are using is 1/4 full, or as soon as your insurance lets you.**

If you only use the inhaler when you need it, keep count how many puffs you use.

- How many sprays are in your inhaler? Find that number in the first column.
- As you use the inhaler, keep count, in writing, of how many puffs you use.
- The number in the second column shows the number of puffs there are in 3/4 of the inhaler. Write this number on the inhaler with ink that will not rub off. **Order your next inhaler when the one you are using is 1/4 full, or as soon as your insurance lets you.**

# Sprays	Refill when you've used this many sprays
60	45
100	75
104	78
112	84
120	90
200	150
240	180

- When your count reaches the number of sprays in the inhaler, throw out your old inhaler. Next time, start using your new inhaler.

Now that you've read this:

- Show your nurse or doctor how you can tell how many puffs are left in your inhaler. (Check when done.)
- Show your nurse or doctor how you can tell when to order a refill on your inhaler. (Check when done.)
- Tell your nurse or doctor why you have to throw out the inhaler when you use up the number of puffs it has. What if you shake it and it feels like there is more medicine inside? Can you still use that inhaler until it is empty? (Check when done.)



If you have any questions or concerns,

- call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
www.phoenixchildrenshospital.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Thursday, November 18, 2005 • DRAFT to family review
#848 • Written by Dana Valletta, PNP, RN



The Emily Center

How Many Puffs are Left?

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 848
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No
easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!