

## Count it out

A **pressurised metered dose inhaler (pMDI)** should always be used with a spacer. A spacer helps the medicine get into your lungs, ensures you are getting the right amount of medicine and lowers your risk of side effects.

Each pMDI inhaler usually contains between **120-200 puffs**. **Some do not have a dose counter**. Most pMDI inhalers contain a propellant to deliver the medication, and it will continue to spray even after the medication has run out.

Many people do not realise their inhaler is empty, so it's important to keep track of doses, as it may feel like it's spraying medicine but is only spraying propellant. You cannot tell it is empty just by shaking it.

### It is therefore important to:

- Check how many doses are in the inhaler when it is new. You can check the dose counter if this is available, and do not use after displaying zero.
- If there is no dose counter, use a method to count out how many puffs are being used so you always know what you have left (e.g. see record sheet overleaf).
- Work out how many days the inhaler should last depending on how often you use it each day. Mark on a calendar or set a reminder to alert you a week or two before it is due to run out

Everyone should have a **Personal Asthma Action Plan (PAAP)**.

This helps to keep your asthma under control. A PAAP will:

- Ensure you take preventer medication as directed
- Make sure you attend a regular asthma review each year
- If asthma is well controlled, your health care professional may trial a decrease in regular preventer treatment. If it's not well controlled, preventer treatment may need to be increased.

You can use this table to mark off how many doses have been used from your inhaler. **Please remember:**

- Collect a new inhaler before your inhaler runs out
- Return the empty inhaler to your local pharmacy for disposal

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130
131	132	133	134	135	136	137	138	139	140
141	142	143	144	145	146	147	148	149	150
151	152	153	154	155	156	157	158	159	160
161	162	163	164	165	166	167	168	169	170
171	172	173	174	175	176	177	178	179	180
181	182	183	184	185	186	187	188	189	190
191	192	193	194	195	196	197	198	199	200