

Using your COPD inhaler shouldn't be your hardest breath of the day

For you, some inhalers may be easier to inhale through than others

What type of inhaler are you using?



Do you find it challenging to inhale through your COPD inhaler?

No Yes, there is low resistance medium resistance high resistance

Do you feel that you have enough hand-breath coordination to properly use your inhaler?

No Not sure Yes

How do you inhale through your inhaler?

Slow and steady inhalations Hard and fast inhalations

Are you confident that you have completely inhaled your medication?

Not confident Unsure Somewhat confident Very confident

How long does it take you to completely inhale your medication?

1-2 seconds 3-4 seconds >4 seconds Depends on the day

Other factors that may affect your ability to effectively inhale from your COPD inhaler include:

- How easy it is for you to use your inhaler
- Your personal preference
- The number of steps needed to use your inhaler
- The amount of training you received

Talk to your healthcare provider about which inhaler is best suited for you, and make sure to have your inhalation technique checked.