

19 Questions Respiratory Therapists
Want You To Ask Your Physician About...

Your Aerosol Delivery Devices



1. What kind of inhalers are you prescribing for my respiratory condition?
2. Why are you giving me these medications? Are there other choices?
3. Why do I need more than one type of inhaler, and what is the difference between these different inhalers?
4. Why do I have to use a holding chamber with my inhaler?
5. Why do I have to take a slow breath when using an MDI?
6. What is the purpose of a breath hold when using an MDI?
7. Why should I rinse my mouth after an MDI treatment? Do I need to do this after all of my medications?
8. How do I clean my respiratory devices?
9. How will I know when the device is empty?



This guide is provided by the American Association for Respiratory Care
More guides are available at yourlunghealth.org/ask/

10. How can I tell if my child is using his rescue inhaler too often?
11. I find it difficult to use an inhaler. Is there another way I can get my respiratory medications besides using an inhaler?
12. Should I breathe in through my nose or through my mouth when receiving an aerosol treatment using an aerosol mask?
13. How will I be able to get my infant to accept treatment with the nebulizer?
14. How long should a breathing treatment last for an adult? For a child?
15. Can I use the blow-by technique?
16. Do I need to use a mouthpiece?
17. How often do I change the nebulizer?
18. Do I still need to take my breathing treatments when I am no longer wheezing?
19. What kind of financial assistance is available to help me cover the costs of my aerosol medications?

