

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  
602-933-1400  
866-933-6459  
[www.phoenixchildrens.org](http://www.phoenixchildrens.org)  
[www.theemilycenter.org](http://www.theemilycenter.org)  
Facebook: [facebook.com/theemilycenter](https://www.facebook.com/theemilycenter)  
Twitter: @emilycenter  
Pinterest: [pinterest.com/emilycenter](https://www.pinterest.com/emilycenter)

### 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.

Friday, March 14, 2014 • DRAFT to family review  
#848 • Written by Dana Valletta, PNP, RN • Illustrated by Irene Takamizu

## How Many Puffs are Left?

Name of Health Care Provider: \_\_\_\_\_

Date returned: \_\_\_\_\_  db

## 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.

The Emily Center  
Health Education Specialist  
Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016-7710

602-933-1395

**Thank you for helping us!**