

Talking to Your Doctor about Inhaled Medicine Delivery Devices

Both inhalers and nebulizers can provide relief for breathing problems when used correctly. The severity of your lung disease, your physical abilities and your personal preferences may all factor into your decisions about delivery devices. Ask your doctor to schedule up a time for a medication “check-up” appointment. Review this list of questions and considerations and be prepared discuss. Take notes about what you learn.

Questions to Ask Yourself Before You Go:

How satisfied are you with your lung medicines and devices?

- What medicines are you currently using?
- How many different types of devices (inhalers and nebulizers) are you currently using?
- Are your medicines working as well as you think they should?
- What problems are you having with taking your medicines?
- What do you like best about the devices you are using?

What is most important to you in an inhaled medicine?

Number the following list in order of your priorities, with #1 being most important and #5 being least important.

- ___ How well it works (this can be hard to tell with some long-term controller medicines)
- ___ Easy to carry
- ___ Easy to use correctly
- ___ Simple to follow treatment plan (fewest possible number and type of devices, doses per day etc.)
- ___ Out of pocket costs

Talking to Your Doctor about Your Devices:

- Tell them about your preferences, using the ranked list above.
- Share any concerns you have about your medicines, including how they well they are working, how well you are taking them and any side effects.
- Ask about the device options for the medicines you are taking. Are they available for use in both inhalers and nebulizer?
- Let them know that proper inhalation technique is important to you and ask who in the practice can review your technique with you at every visit.

Notes: