



My inhaler record

Name _____

Medicine _____

1. Look on the label of the inhaler to see how many puffs are in the canister. Find the number of puffs for the inhaler on the chart below.
2. Start at that number and cross off one number for every puff used.
3. Refill the inhaler when 10 puffs are left.

400	399	398	397	396	395	394	393	392	391	390	389	388	387	386
385	384	383	382	381	380	379	378	377	376	375	374	373	372	371
370	369	368	367	366	365	364	363	362	361	360	359	358	357	356
355	354	353	352	351	350	349	348	347	346	345	344	343	342	341
340	339	338	337	336	335	334	333	332	331	330	329	328	327	326
325	324	323	322	321	320	319	318	317	316	315	314	313	312	311
310	309	308	307	306	305	304	303	302	301	300	299	298	297	296
295	294	293	292	291	290	289	288	287	286	285	284	283	282	281
280	279	278	277	276	275	274	273	272	271	270	269	268	267	266
265	264	263	262	261	260	259	258	257	256	255	254	253	252	251
250	249	248	247	246	245	244	243	242	241	240	239	238	237	236
235	234	233	232	231	230	229	228	227	226	225	224	223	222	221
220	219	218	217	216	215	214	213	212	211	210	209	208	207	206
205	204	203	202	201	200	199	198	197	196	195	194	193	192	191
190	189	188	187	186	185	184	183	182	181	180	179	178	177	176
175	174	173	172	171	170	169	168	167	166	165	164	163	162	161
160	159	158	157	156	155	154	153	152	151	150	149	148	147	146
145	144	143	142	141	140	139	138	137	136	135	134	133	132	131
130	129	128	127	126	125	124	123	122	121	120	119	118	117	116
115	114	113	112	111	110	109	108	107	106	105	104	103	102	101
100	99	98	97	96	95	94	93	92	91	90	89	88	87	86
85	84	83	82	81	80	79	78	77	76	75	74	73	72	71
70	69	68	67	66	65	64	63	62	61	60	59	58	57	56
55	54	53	52	51	50	49	48	47	46	45	44	43	42	41
40	39	38	37	36	35	34	33	32	31	30	29	28	27	26
25	24	23	22	21	20	19	18	17	16	15	14	13	12	11

Time to refill your inhaler ...

10	9	8	7	6	5	4	3	2	1
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0 = Time to begin another inhaler.

Throw away the inhaler when all the puffs are used. You may still hear something when you shake the inhaler. This is only propellant. It contains no active medicine.



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