

INHALER RECORD

Name _____

Medication _____

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

Source: National Center for Environmental Health, www.cdc.gov/asthma/



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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!