

How to Use the Metered Dose Inhaler (MDI)



Instructions:

1. Remove the cap from the inhaler. Some must be squeezed at the sides to release.
2. Check the dose counter if the inhaler has one.
3. Hold the inhaler upright and shake well.
4. Tilt your head back slightly.
5. Turn your head away from the inhaler and exhale.
6. Place the mouthpiece between your teeth without biting it. Close your lips around the mouthpiece to form a good seal.
7. Breathe in slowly through the mouth and at the same time press down firmly on the canister. Take a slow and deep breath.
8. Remove the inhaler from your mouth.
9. Hold your breath for 10 seconds or as long as comfortable.
10. Exhale slowly through your mouth or nose away from the inhaler.
11. If more than one dose is needed, repeat all steps starting from step 3.
12. Replace the cap.

Tips:

- Keep your chin up and the inhaler upright.
- If you are using a standard inhaler for a corticosteroid preventer medication, also use a spacer.
- Remember to rinse your mouth thoroughly after taking your dose and spit out the water.