

HOW TO USE A METERED-DOSE INHALER



A metered-dose inhaler contains a canister of medicine. When you press the inhaler, it sprays a pre-set amount of medicine through your mouth to your airways.

HOW TO USE IT

Here are general steps for how to use a metered-dose inhaler. **Always read and follow the instructions that come with *your* inhaler. If you don't use your inhaler correctly, you won't get the right amount of medicine.**

1. Take off the cap. Shake the inhaler. Prime the inhaler, if needed, as shown in your instructions.
2. If you use a spacer, put the inhaler in the rubber ring on the end of the spacer.
3. Stand up or sit up straight.
4. Breathe out completely to empty your lungs.
5. Place the mouthpiece in your mouth and close your lips around it to form a tight seal.
6. As you start to breathe in, press down firmly on the top of the medicine canister to release one “puff” of medicine. Continue to breathe in slowly for 3 to 5 seconds. Take as big a breath as possible.
7. Hold your breath and count to 10.
8. Take the mouthpiece out of your mouth. Release your breath.
9. If your action plan says to take more than 1 puff of medicine, wait 1 minute between puffs. Repeat steps 3 through 8 for each puff you need to take.
10. Put the cap back on the inhaler.
11. If your medicine is an inhaled corticosteroid, rinse your mouth with water and spit it out. Rinsing will help to prevent an infection in the mouth.



Example of a metered-dose inhaler



Example of a metered-dose inhaler with a spacer



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HOW TO CLEAN IT

Keep your inhaler and spacer clean so they can work properly. Always read and follow the instructions that come with your devices. When cleaning your inhaler and spacer, remember:

- Never put the medicine canister in water.
- Never brush or wipe the inside of the spacer.

ALWAYS REMEMBER...

If you have asthma, chronic obstructive pulmonary disease (COPD), or another chronic lung disease, it is important to:

- Take your medicine as prescribed.
- Use the proper technique to deliver the medicine to your lungs.

Ask your doctor, pharmacist, or other healthcare professional (such as nurse practitioner, physician assistant, nurse, respiratory therapist, or asthma educator) to show you how to use and clean your metered-dose inhaler (and spacer, if you use one). Review your technique at each follow-up visit.

