

# How to Use a Metered Dose Inhaler

## PRIMING YOUR METERED DOSE INHALER

Priming your metered dose inhaler is important before using it for the first time to be sure you get the right amount of medication.

It may need to be primed again if you have not used it in a while.

To prime most inhalers, take the cap off the mouthpiece, shake the inhaler well and spray it into the air away from your face.

Check your instructions to see how many times you need to spray your inhaler to prime it, and when you need to prime it again. Your inhaler is now ready to use.



## USING YOUR METERED DOSE INHALER

To use the Metered Dose Inhaler follow these steps:

1. Check to be sure the canister is firmly in the plastic holder.
2. Remove the cap and look into the mouthpiece to check for anything blocking the opening.
3. Shake the inhaler well.
4. Hold the inhaler with the mouthpiece down and breathe out fully with your mouth away from the inhaler.
5. Put the mouthpiece into your mouth, and close your lips.
6. As you begin to breathe in deeply and slowly, press the canister down.
7. Remove the inhaler and hold your breath as long as you can, for a count of up to 10 seconds.
8. Then exhale slowly.

If your health care provider has prescribed more than one spray, wait at least one minute before using your inhaler again.



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## USING THE METERED DOSE INHALER WITH A HOLDING CHAMBER (SPACER)

To use your metered dose inhaler with a holding chamber, also called a spacer, follow these steps:

1. Insert the mouthpiece of the plastic holder into the holding chamber and shake it well.
2. Breathe out fully with your mouth away from the holding chamber, then put it in your mouth and close your lips.
3. Press the canister down and begin to breathe in deeply and slowly.
4. Remove the holding chamber and hold your breath as long as you can, up to a count of 10 seconds, then exhale slowly.

If your health care provider prescribed more than one spray, wait one minute before using your inhaler again.

Some holding chambers make a noise to let you know if you are breathing in too fast. If you hear a noise, breathe in slower the next time.

When you have finished taking your medication, remove the plastic holder from the holding chamber and store them both with their caps on.



## USING A HOLDING CHAMBER WITH A MASK

If your health care provider has prescribed a holding chamber with a mask for your child, follow these steps:

1. Insert the mouthpiece of the plastic holder into the holding chamber.
2. Shake the inhaler well. Keep the Meter Dose Inhaler upright.
3. Place the mask on the child's face covering both the nose and mouth firmly.
4. Press the canister only once.
5. Have your child breathe in and out slowly for at least five breaths. Then remove the mask from the face.

If your health care provider has prescribed more than one spray, wait at least one minute and repeat these steps again.

*This is general information. Read the instructions that come with the inhaler prescribed by your health care provider and follow them carefully. Also ask your health care provider to show you how to use the inhaler and to watch you use it.*

