

How To Use Your Inhaler

How to use your metered dose inhaler (MDI)

1. Remove the cap from the inhaler and inspect the mouthpiece and spray hole to make sure they are clean.
2. Shake the inhaler 10-15 times to make sure the medicine is mixed well.
3. Take a deep breath in.
4. Breathe out and empty your lungs as much as possible.
5. Hold inhaler in the upright position.
6. Bring inhaler to your mouth. Make sure your tongue is out of the way and seal your lips around the inhaler.
7. Breathe in slowly as you press down on the inhaler one time. Try to breathe in as deeply as you can.
8. Hold your breath for about 5-10 seconds or as long as comfortable.
9. Breathe out slowly.
10. If you are supposed to take a second puff, wait at least 30 seconds before taking the second puff. Be sure to shake the inhaler again before taking the second puff.

TIP: If the inhaler contains a steroid, be sure to rinse your mouth with water, gargle, and spit out after use.

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How to use a spacer with your metered dose inhaler (MDI)

A spacer is a device that fits on the mouthpiece of your inhaler and makes a chamber to hold the released medication when you activate the inhaler. This makes it easier for you to breathe in the medication and improves delivery of the medication into your lungs. Spacer devices are especially useful for children and some spacers come with masks. Spacers reduce the difficulty of timing your breathing with the activation of your inhaler.

How to use your dry powder inhaler (DPI)

1. Remove the cap from the inhaler and inspect the mouthpiece to make sure it is clean.
2. Take a deep breath in.
3. Breathe out and empty your lungs as much as possible.
4. Hold inhaler in the correct position. This is usually horizontal.
5. Activate the device.
6. While keeping the inhaler in the proper position, bring the inhaler to your mouth. Seal your lips around the inhaler.
7. Breathe in quickly and steadily. Try to breathe in as deeply as you can. Remove inhaler from your mouth.
8. Hold your breath for about 5-10 seconds or as long as comfortable.
9. Breathe out slowly. Do not breathe into inhaler.
10. If you are supposed to take a second inhalation, wait at least 30 seconds before taking the second inhalation. Be sure to hold the inhaler in the correct position before loading the second dose.

TIP: If the inhaler contains a steroid, be sure to rinse your mouth with water, gargle, and spit out after use.