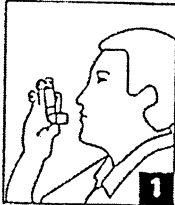


Directions for Using Metered Dose Inhaler (MDI)

It is very important that you use the inhaler properly. Even when used correctly, only about 15% of the drug gets into the lung, with most of the drug being deposited in the back of the throat.

1. Remove the cap from the mouthpiece.



2. **Shake the inhaler.**

3. Tilt head back slightly and keep the mouth wide open.

4. Position the inhaler with the top of the canister pointing upwards. Hold the inhaler with the mouthpiece about 2 inches (3-5 cm) outside your mouth and aim it towards the back of your throat.

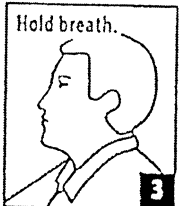
5. Breathe out normally and slowly.

6. Begin to breathe in slowly and just after the inhalation begins, press the canister to release the spray.

7. With your mouth open, continue to breathe in slowly over a few seconds without stopping until a full breathe is taken..

8. Hold your breath for 10 seconds or as long as possible.

9. If a second dose is ordered, wait 30 seconds before taking it.



For patients who utilize their reliever (MDI) only for occasional relief of symptoms, or only prior to exercise, use of a spacer is not necessary. **You MUST use a spacer with an MDI when taking inhaled corticosteroids (preventers).**

Do **NOT** float your MDI in water to test how much medication is left. You can only tell how much medication is left by shaking the canister and “feeling” how full it is. Practice with a full canister to recognize what it feels like.

NOTE: If you are using your reliever medication more than 3 times per week for relief of symptoms, your asthma is not under control, and you should contact your doctor. Use of one dose of reliever medication per day before exercise to prevent exercise-induced symptoms is acceptable.

If you have any questions about using your inhaler device or your respiratory medications, talk to your doctor, pharmacists or the Adult Asthma Clinic.

HOW TO USE A METERED DOSE INHALER (MDI)

CUE WORDS

1. **Remove** the cap.
2. **Shake well.**
3. **Breath normally and slowly.**
4. **Exhale.**
5. OPEN MOUTH: **Tilt chin up slightly.**
Or
CLOSED MOUTH: **Seal lips** around the mouthpiece.
6. **Inhale** and **depress** cartridge once.
7. **Inhale a slow, deep breath.**
8. **Breath hold for 10 seconds** or as long as possible.
9. **Exhale slowly.**

If you have any questions about using your inhaler device or your respiratory medications, talk to your doctor, pharmacists or the Adult Asthma Clinic.