



How to Use Metered-Dose Inhalers Properly

1 Remove the cap and ensure nothing is inside the mouthpiece. Having a clean mouthpiece ensures your inhaler will work properly. Follow the instructions provided, or ask your pharmacist how to properly clean your mouthpiece. This should be done at least once a week.



2 Shake the inhaler.



3 Some inhalers need to be primed before using for the first time, or if they haven't been used for more than 2 weeks. Check with your doctor or pharmacist first, and if your inhaler needs to be primed, spray it into the air, away from your face, a few times before using.



4 Breathe out slowly through your mouth to empty your lungs as much as possible.



5 Tilt your head back slightly. Hold your inhaler upright, with the canister up, and place the mouthpiece between your teeth and close your lips around it.

Do not bite it. Keep your teeth apart and your tongue flat on the floor of your mouth.



6 While you are breathing in slowly, press down on the canister one time to release the medication.



7 Continue to breathe in as slowly and deeply as you can.



8 Hold your breath for ten seconds or as long as comfortable to allow the medication to reach deeply into your lungs.

Then, slowly breathe out through your nose.



9 Repeat steps 2 to 7 if you need to use more than one puff of the same inhaler. Wait about a minute between doses.



10 Recap the inhaler.





11 Some inhalers require you to rinse your mouth with water after use. Check with your doctor or pharmacist if you need to do this.

If yes, rinse your mouth out thoroughly, then spit the water out.

