

USING A METERED DOSE INHALER

Using your inhaler correctly will help you manage your asthma. Follow the technique below to maximize the benefit of your MDI (Metered Dose Inhaler).

1. Stand or sit up straight.
2. Shake the inhaler for 5 seconds.
3. Take the cap off. Prime (press down and spray) the inhaler 4 times if using for the first time or 2 times if two or more weeks have elapsed since your last dose.
4. Inhale fully and then exhale completely.
5. Place the mouthpiece in the mouth and start breathing in very slowly.
6. Press the canister down firmly to actuate the inhaler and breathe in slow and deep for a full inhalation.
7. Hold your breath for 10 seconds and then exhale.
8. Wait for 1 minute.
9. Repeat steps 4-8 with second puff (or as directed by your doctor).