

# How do I use my Metered-Dose Inhaler (MDI)?

1. Remove the cap from the metered-dose inhaler.
2. Shake well.
3. Breathe normally and slowly through the mouth.
4. Breathe out.
5. Tilt head slightly backwards.
6. OPEN MOUTH: Hold the inhaler 2 - 5 cm (1 - 2") from your mouth. Keep mouth wide open.  
**OR:** CLOSED MOUTH: Place the mouthpiece in your mouth between your teeth and close your mouth around it.
7. Begin to breathe in and push down on the canister once. Continue to breathe in slowly and deeply through the mouth until finished taking in that breath.
8. Hold your breath for 5 - 10 seconds.
9. Breathe out slowly.
10. Replace the cap.
11. If an additional inhalation is prescribed, wait 60 seconds before taking it.
12. Repeat steps 2 - 9 for the prescribed number of inhalations.

## CARE OF AN METERED DOSE INHALER (MDI)

1. Once a week, remove the medication canister from the plastic casing and wash casing in warm, soapy water. When the casing is dry, replace the medication canister in the casing and put the cap on the mouthpiece.
2. Ensure the hole is clear.

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Metered dose inhaler

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