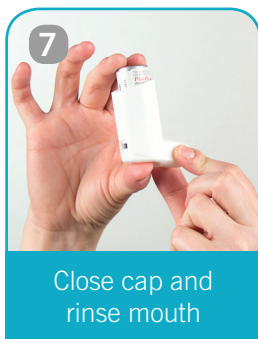
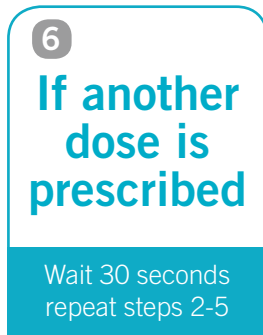
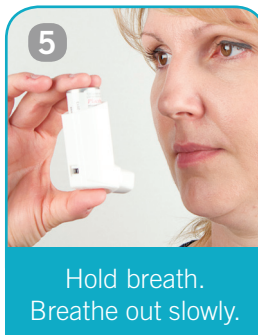
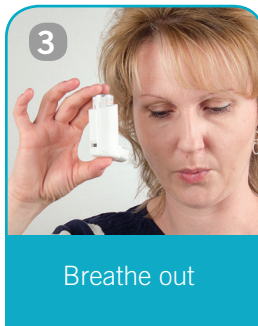
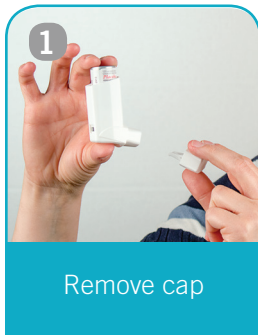


# Metered-Dose Inhaler



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

1. Remove the cap from the inhaler.
2. Shake the inhaler.
3. Breathe out away from the inhaler.
4. Place the mouthpiece in your mouth between your teeth and close your mouth around it. Begin to breathe in slowly and press the top of the inhaler ONCE. Continue to breathe in slowly and deeply through the mouth until the breath is complete.
5. Hold your breath for 5-10 seconds and breathe out slowly.
6. If an additional inhalation is prescribed, wait 30 seconds before taking it, then repeat steps 2-5 for the prescribed number of inhalations.
7. Close the cap and rinse your mouth.

*Note:* using an inhaler without a spacer is not recommended.

*Note:* Always check the instructions included with your MDI for directions on priming and proper use

## Care of an MDI

1. Once a week, remove the medication canister from the plastic casing and wash the casing in warm, soapy water. Let the parts dry in the air. 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.



For video instruction:  
[lungsask.ca/inhaler-resources](https://lungsask.ca/inhaler-resources)