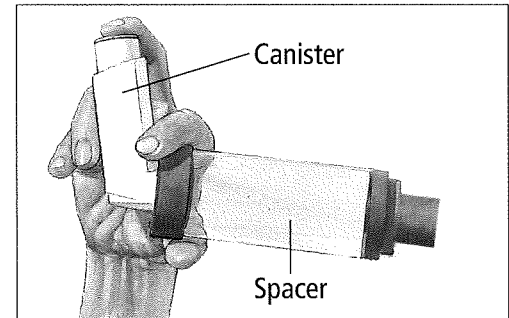


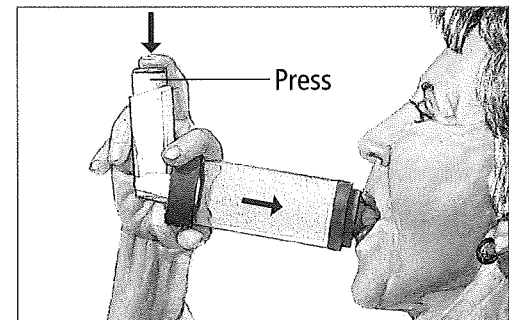
Using a Metered-Dose Inhaler (MDI)

An inhaler delivers a measured dose of medication. A tube called a **spacer** or holding chamber may be attached to the inhaler. It helps the medication reach your lungs. To use an MDI with a spacer, follow the steps below.

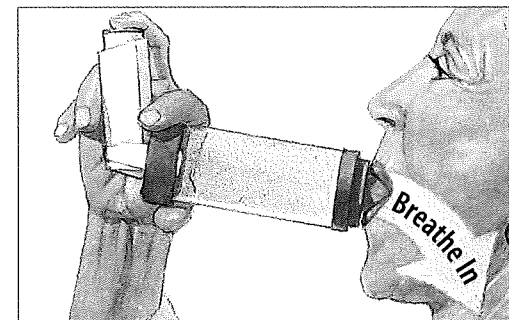
- 1 • Remove the caps from the inhaler and the spacer. If the inhaler is being used for the first time, prime it as directed by the maker. Shake the inhaler well and attach the spacer.
- Hold the inhaler with your middle finger on the canister. Put your index finger and thumb around the spacer.



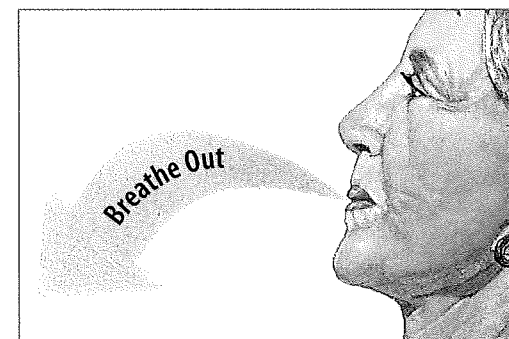
- 2 • Breathe out through your mouth. Put the opening of the spacer in your mouth, between your teeth. Close your lips around it. Keep your tongue under the mouthpiece.
- Press down **once** on the canister. This sprays 1 puff of medication into the spacer. Keep your chin up.



- 3 • Breathe in through your mouth as **slowly and deeply** as you can. This should take at least 3 to 5 seconds. If you breathe in too quickly, the spacer may make a whistling sound. If you hear this sound, slow down when you breathe in.



- 4 • Take the spacer out of your mouth. Then hold your breath and count to 10. Pucker your lips as if you were going to blow out a candle and breathe out slowly.



If you're prescribed more than 1 puff of medication at a time, wait at least 30 seconds between puffs—unless told otherwise. Shake the inhaler again. Then repeat steps 2 to 4.

