

## How to Use My Inhaler

- ❖ Inhaled respiratory medications are often taken using a device called a metered dose inhaler (MDI). It is a pressurized canister which has a mouthpiece to deliver a consistent dose of medication with each pump.
- ❖ An MDI can be administered with a device called a chamber/spacer or just by itself. A chamber is a one way valve that holds the medication until it gets inhaled. It gets the medication into the lungs more effectively

**Directions:** With every new MDI, priming is essential to do before first use or if you have not used it for longer than 14 days. Pump the medication a few times in the air to make sure it is ready (see individual package inserts since priming may vary).



MDI with chamber

### MDI with chamber

1. Remove cap and shake well. Insert MDI into chamber on the opposite end of the mouth piece.
2. Breathe out completely then place mouthpiece of the chamber between your teeth and seal your lips tightly around it.
3. Press the canister once, then breathe in slowly through your mouth. If you hear a “horn-like” sound, you are breathing too quickly.
4. Hold your breath for 10 seconds to allow medication to reach the airway of the lungs.
5. Repeat the above steps for each puff ordered by your Doctor/PA. Wait about 1 minute before administering more puffs.



MDI without chamber

### MDI without chamber

1. Remove cap and shake well. Breathe out completely then place mouthpiece of the chamber between your teeth and seal your lips tightly around it.
2. As you start to breathe in slowly, press the canister once. Continue to breathe in slowly for as long as you can.
3. Hold your breath for 10 seconds to allow medication to reach the airway of the lungs.
4. Repeat the above steps for each puff ordered by your Doctor/PA. Wait about 1 minute before administering more puffs.

**Note:**

- If you are using a corticosteroid MDI (Advair, Pulmicort, Symbicort, Dulera, Flovent, Asmanex, Aerospans or Qvar), rinse mouth out with water and brush teeth or gargle with mouthwash after each use.
- It is important to keep track of how much medication is in your inhaler. Most have a counter showing the number of puffs remaining so you can get a new inhaler when the count is low.

Today I was given \_\_\_\_\_. Use \_\_\_\_ puffs, \_\_\_\_ times a day.

This information was taken from: [http://my.clevelandclinic.org/devices/inhalers/hic\\_how\\_to\\_use\\_a\\_metered\\_dose\\_inhaler.aspx](http://my.clevelandclinic.org/devices/inhalers/hic_how_to_use_a_metered_dose_inhaler.aspx)