

Metered-Dose Inhalers (MDI's)

- **Most asthma medicines come in a metered dose inhaler (or MDI).**
- **It is important to use your inhaler the right way so that the medicine can work.**



Most asthma medicines come in a metered dose inhaler (or MDI). It is important to use inhalers the right way to make sure you get enough medicine into your lungs. Using your inhaler with a spacer (a holding chamber for medicine) is a good idea. Spacers also make it easy for children and infants to use an inhaler.

It is important to use your inhaler the right way so that the medicine can work.

Proper Use

1. Remove the cap.
2. Shake inhaler 4 or 5 times.
3. Breathe out normally.
4. Hold inhaler 2 finger widths from your mouth.
5. Press down on the inhaler as you breathe in slowly and deeply.
6. Hold your breath for 10 seconds to let the medicine get deep into your lungs.
7. Wait one minute before you take another puff (if needed).



Practice these steps with your doctor. If you have trouble with these steps, ask your doctor about other ways to take your medicine. Never share your inhaler with anyone else

You should clean your inhaler every 2 or 3 days.

To clean your inhaler:

- Remove the canister from the inhaler. Never soak the canister.
- Soak the inhaler in a solution of 1 part vinegar to 3 parts water for 30 minutes.
- Air-dry

