

Metered Dose Inhalers

This guide will teach you how to use your inhaler.

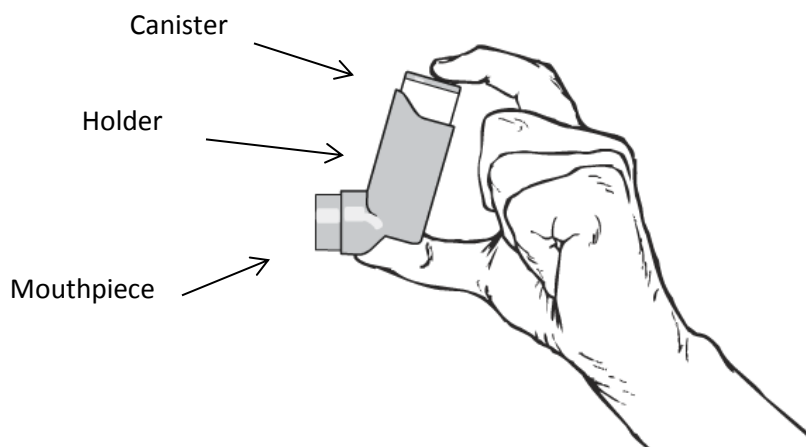
Your Medication Name: _____

Your Medication Dose: _____



Follow these steps before you use your inhaler for the first time:

1. Remove the plastic holder and the metal canister from the package.
2. Place the canister into the holder with the canister's needle pointing down.



3. Hold the inhaler with your thumb and index finger as shown. Point the mouthpiece away from you.
4. Shake well for 5 seconds.
5. Remove the cap from the mouthpiece.
6. Push down with your index finger to spray. The mist will spray out through the mouthpiece.
7. Repeat steps 5 and 6 three more times for a total of four sprays. This is called "priming." You will only need to prime the inhaler again if you do not use it for two weeks. If you prime it every time, you will waste a lot of your medication.

When you are ready to take a dose, please follow these instructions for use without a spacer:

1. Shake the inhaler for 5 seconds.
2. Remove the cap.
3. Breathe out releasing as much air from your lungs as you can. Never blow out into the inhaler.
4. Put the mouthpiece in your mouth, between your teeth. Close your lips around the mouthpiece.
5. Start to **slowly** breathe in through your mouth. Then, spray the inhaler once. Keep breathing in slowly until you have breathed in all the way. ****Spraying the inhaler and breathing in must be SYNCHRONIZED.****
6. Take inhaler out of your mouth.
7. Hold your breath for 5-10 seconds.
8. Breathe out, away from the inhaler mouthpiece.
9. If you need another dose now, wait a minute then repeat steps 1 through 8.



Important Notes:

- The inhaler should be cleaned once a week. Remove the canister from the holder. Rinse the holder and cap under warm water for 30 seconds. Do NOT get the canister wet. Lay them on a towel overnight to air dry. When completely dry, replace the canister in the holder, shake, and spray once into the air to make sure the inhaler still works.
- Store your inhaler in a cool, dry, and dark place, such as a drawer in your bedroom or kitchen; do NOT store your inhaler in the bathroom. Keep away from children and pets. Do NOT share your inhaler with anyone.