



## **HOW TO USE YOUR METERED-DOSE INHALER**

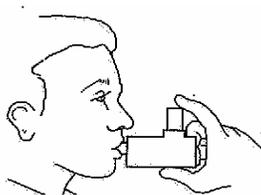
Using an inhaler seems simple, but most patients do not use it the right way. When you use your inhaler the wrong way, less medicine gets to your lungs.

For the next few days, read these steps aloud as you do them or ask someone to read them to you. Ask your doctor or nurse to check how well you are using your inhaler.

### **Steps for Using Your Inhaler**

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|-------------------|--|
| Getting ready     | 1. Take off the cap and shake the inhaler.   |
|                   | 2. Breathe out all the way.  |
|                   | 3. Hold your inhaler as indicated below  |
| Breathe in slowly | 4. When using a holding chamber, first press down on the inhaler. Within 5 seconds, begin to breathe in slowly.  |
|                   | 5. Keep breathing in slowly, as deeply as you can.   |
| Hold your breath  | 6. Hold your breath as you count to 10 slowly, if you can.   |
|                   | 7. For inhaled quick-relief medicine (beta2-agonists), wait about 15–30 seconds between puffs. There is no need to wait between puffs for other medicines. |

Use a spacer/holding chamber. These come in many shapes and can be useful to any patient.



Clean your inhaler as needed, and know when to replace your inhaler. For instructions, read the package insert or talk to your doctor, other health care provider, or pharmacist.