



Meter Dose Inhaler



My prescription: Drug _____ **# of puffs** _____ **How often:** _____

This medication is a:

rescue bronchodilator maintenance bronchodilator maintenance anti-inflammatory (corticosteroid)

Note:

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How to use your Meter Dose Inhaler

1. Sit or stand tall.
 2. Remove the cap and hold inhaler upright.
 3. Shake the inhaler well to mix propellant and medication.
 4. Tilt your head back slightly and breathe out slowly.
- Open Mouth Technique** (see video link below)
- Position the inhaler about 2-3 finger widths away from the mouth
5. As you start to breathe in slowly, press down on the inhaler to release medication.
 6. Breathe in slowly and deeply (3 to 5 seconds).
 7. Hold your breath for count of 10 to allow the medicine to reach deeply into your lungs.
 8. Repeat puff as directed by your physician.
 - Waiting at least 1-5 minutes between puffs may permit second puff to get deeper into the lungs.
 9. Rinse mouth and spit, especially if using a corticosteroid medication.
- Closed Mouth Technique** (see video link below)
1. Follow steps 1-4 above.
 2. Place inhaler between teeth with lips tight around mouthpiece
 3. As you start to breathe in slowly, press down on the inhaler to release medication at the same time.
 4. Breathe in slowly and deeply(3 to 5 seconds).
 5. Hold your breath for the count of 10 to allow the medicine to reach deeply into your lungs.
 6. Repeat puff as directed by your physician.
 - Waiting at least 1-5 minutes between puffs may permit second puff to get deeper into the lungs.
 7. Rinse mouth and spit, especially if using a corticosteroid medication.



Metered-Dose Inhaler (**Open Mouth** Technique) <http://youtu.be/rgb-J9AV2IY>



Metered-Dose Inhaler (**Closed Mouth** Technique) <http://youtu.be/9ipqxF-4p5g>



Open Mouth Technique



Inhaler with spacing device

NOTE:

Most physicians and clinicians recommend a **spacing device** for the best medication delivery with a meter dose inhaler.

Prime inhaler prior to first use and when not used for 2 weeks. See package insert for directions specific to your medication.