

How to Use Metered Dose Inhaler

Patient Education Guide



Learn with - An Interactive training - Engaging animations - Your web cam

Good Inhaler Technique: -Increases medicine effect - Reduces medicine cost - Reduces ER Visits

www.use-inhalers.com

- For cleaning and priming refer to the patient instructions that accompanies your inhaler.
- Following these step by step instructions will help you to inhale medicine effectively.



Step 1: Remove the cap from the inhaler.



Step 2: Shake the inhaler well for 5 seconds.



Step 3: Hold the inhaler firmly by placing your index finger on top of the canister, and thumb on the bottom of the mouthpiece.



Step 4: Sit straight or stand up.



Step 5: Tilt your head back slightly.



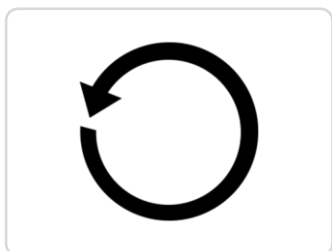
Step 6: Exhale away from the inhaler.



Step 7: Put the inhaler in your mouth. Press the inhaler and start breathing in at the same time. Take a slow and deep breath.



Step 8: Hold your breath for 10 seconds. Exhale slowly through your mouth or nose.



Step 9: Repeat 2 to 8 steps after 30 seconds, if another dose is required. If you are using a corticosteroid medication, rinse your mouth after all doses are complete.

Tip: Remember to rinse your mouth thoroughly after taking your dose and spit out the water.

Use-inhalers website is a great resource for Asthma and COPD patients. Learn how to use your Inhaler with interactive audio-visual instructions. Practice using the innovative webcam feature.

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