

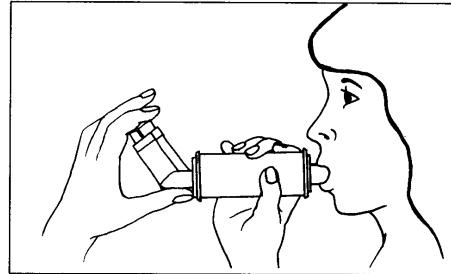
## Inhaler: Metered-Dose

### Steps for Using the Inhaler:

1. Remove the cap and hold inhaler upright.
2. Shake the inhaler. If using a spacer insert inhaler into end as below.
3. Tilt the head back slightly and breathe out.
4. Position the inhaler in one of the following ways:



**Closed Mouth  
Between Teeth if HFA**



**Using a Spacer**

5. Press down once on inhaler to release medication **as** you start to breathe in slowly.
6. **Breathe in slowly** (3-5 seconds).
7. **Hold** breath for 10 seconds. Exhale through nose or pursed lips.
8. Repeat puffs as directed by your physician. You may be instructed to wait 1 full minute before repeating the next puff.
9. If using inhaled steroids, rinse mouth with water after use.

### Steps for Checking How Much Medicine is in the Canister:

1. For a new inhaler, check the package label for the number of inhalations in the canister.
2. Prime your inhaler by spraying 2-4 test doses away from face. Brands differ in priming sprays. Check package insert.
3. Count the number of puffs as you use them:
  - a. Keep a "running total" of puffs used
  - b. **Or** Divide the total number of puffs in the canister by the number of puffs you use in a day

### New Propellants for Albuterol Metered-Dose Inhalers

- The chlorofluorocarbon (CFC) propellants in MDIs have been replaced by hydrofluoroalkane (HFA) propellants for environmental reasons: CFCs contribute to the depletion of the ozone layer.
- Three HFA Albuterol inhalers and one HFA levalbuterol inhaler have been approved by the FDA.
- In general, HFA sprays taste different, are less forceful, and are warmer and mistier than CFC sprays. Be reassured that you are getting enough of the medication, although it may feel different than your old CFC inhaler.