

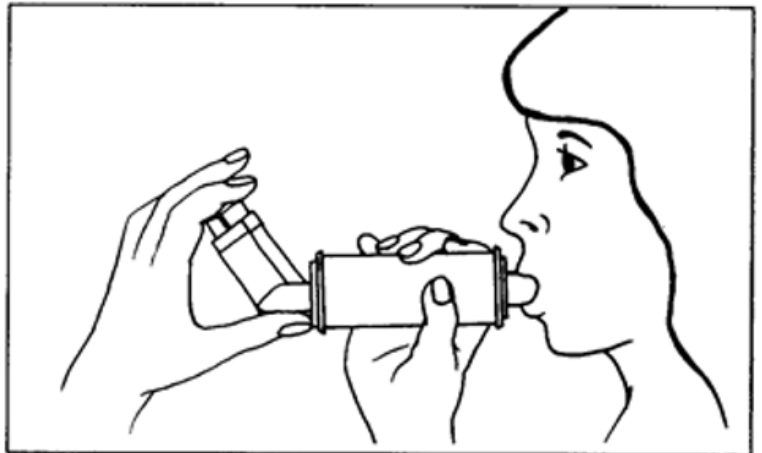
Inhaler Technique for Metered-Dose Inhalers

Steps for Using Your Inhaler:

1. Remove the cap and hold the inhaler upright. Check the inhaler for foreign bodies (like coins).
2. Shake the inhaler. If you are using a spacer, insert the inhaler into the spacer as shown below.
3. Tilt your head back slightly and breathe out.
4. **Position the inhaler in one of the following ways:**
Past teeth with lips sealed around the mouthpiece, or securely insert inhaler into the spacer mouthpiece.



Closed Mouth

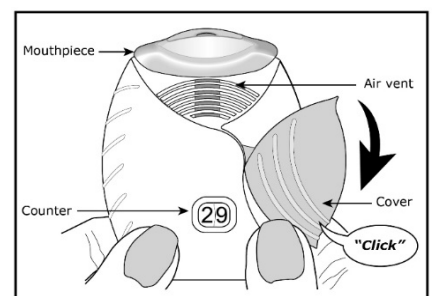
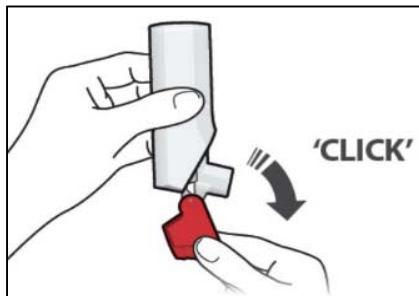


Using a Spacer

5. As you start to **breath in slowly**, press down once on the inhaler to release one dose of medication.
6. **Breathe in slowly** for 3-5 seconds.
7. **Hold** your breath for 10 seconds. Exhale through your nose or pursed lips.
8. Repeat puffs as directed by your physician.
9. If you are using an inhaled steroid, rinse your mouth with water after use.

For **breath-actuated inhalers**, there are just a few different steps:

1. Follow the package instructions to activate the dose. Usually this involves hearing a "click".
2. Tilt your head back slightly and breathe out.
3. Breathe in **quickly and forcefully** for 3-5 seconds.
4. **Hold** your breath for 10 seconds. Exhale slowly through your nose or pursed lips.



Follow the (package) instructions on the package insert for priming and cleaning your inhaler. Be sure to monitor the dose counter on the inhaler to ensure that you do not run out of medicine!