

## ADDITIONAL INFORMATION

- For additional information on asthma and how to control it, you may visit the following websites:
  - [www.cdc.gov/asthma](http://www.cdc.gov/asthma)
  - [www.nhs.uk/conditions/asthma](http://www.nhs.uk/conditions/asthma)

For more information,  
contact us at:

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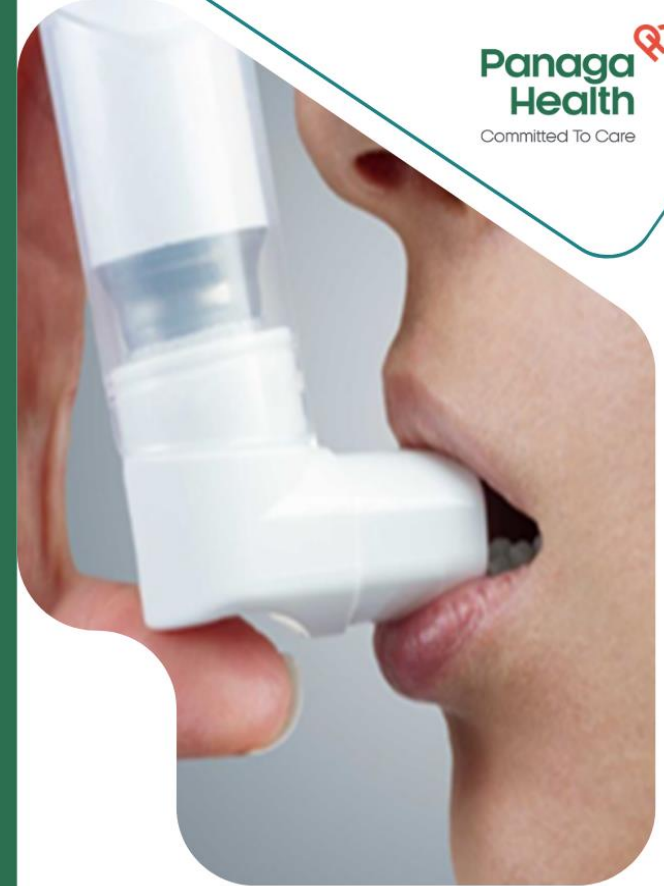
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# Inhaler Technique With Metered-Dose Inhaler



## WHAT IS A METERED-DOSE INHALER?



A metered-dose inhaler is a device that sprays a pre-set amount of medicine through the mouth to the airways.

To keep your asthma and chronic obstructive pulmonary disease (COPD) under control, it is important to take your medicine as prescribed by your doctor and use the proper technique to deliver the medicine to your lungs.

Incorrect use of your inhaler may result in reduced control of asthma.

## EXAMPLES OF METERED-DOSE INHALERS

- Salbutamol Inhaler (Bronchodilator)
- Beclomethasone Inhaler (Steroid)
- Fluticasone Inhaler (Steroid)
- Ipratropium Inhaler (Anticholinergic)

## HOW TO USE A METERED-DOSE INHALER?

1	Stand or sit upright when using your inhaler.
2	Remove the inhaler cap and shake the inhaler well to ensure that the contents of the inhaler are evenly mixed.
3	Slightly tilt your chin up as it helps the medicine reach your lungs.
4	Breathe out gently and slowly away from the inhaler until your lungs feel empty and you feel ready to breathe in.
5	Put your lips around the mouthpiece of the inhaler to make a tight seal.
6	Start to breathe in slowly and steadily at the same time press the canister down to release "one puff" of medicine.
7	Continue to breathe in slowly until your lungs feel full.
8	Take the inhaler out of your mouth, hold your breath and count to 10 seconds or for as long as you comfortably can. Breathe out slowly.
9	Replace the cap straight away to keep out dust.
10	If you are supposed to take 2 puffs of medicine dose, wait 1 minute and <b>repeat steps 1 to 9.</b>
11	If using an inhaled corticosteroid, rinse out your mouth with water and spit it out. Rinsing will help to reduce the chance of side effects or prevent an infection in the mouth.

## HOW TO CLEAN A METERED-DOSE INHALER?

Please refer to the manufacturer's or product leaflet. Individual product will have different ways or techniques of cleaning.

## USEFUL TIPS

- When you first get your inhaler or have not used it for five days or more, you will need to test it:
  - Take the cap off and shake the inhaler well. Pointing the mouthpiece away from you, press the canister to release a puff into the air to make sure that it works.
- Store the metered-dose inhaler away from young children.
- Store away from extremes of temperature and do not freeze.
- Always check the expiry date on the canister and do not use after the expiry date.
- Do not puncture, break or burn the canister even when empty.
- Always read the patient leaflet provided with your inhaler for any specific instructions.
- Return the unused or expired inhalers to the pharmacy for proper disposal.