

Metered Dose Inhaler



A metered dose inhaler is a small aerosol canister which delivers a specific dose of medication with each spray. For proper use and maximum benefit from your inhaler, follow the directions below.

1. Take the cap off your inhaler and shake it well.
2. Hold the inhaler with your index finger on top of the canister and thumb on the bottom of the plastic mouthpiece.
3. Sit up straight or stand up. Tilt your head back slightly and breathe out all the way.
4. Open your **mouth** wide, and place the inhaler about 2 inches in front of your **mouth**. (Or you can put the HFA in your **mouth**, between your **teeth**, **tongue** flat under the mouthpiece with your lips sealed.)
5. Breathe in and out one time.
6. Press the metal canister down and breathe as deeply as you can for about 3 to 5 seconds
7. Hold your breath for the length of time specified for the medicine you are taking to allow the **medication** to reach your **lungs**.
8. Wait at least a minute, then repeat for each puff your doctor tells you to take.
9. Replace the cap on your inhaler when you're finished. If your inhaler contains a **steroid**, gargle and rinse your mouth with water or **mouthwash** after each use.