How to Use Metered-Dose Inhalers

There are many different types of inhalers available. If you are using a different type of inhaler, such as a dry powder inhaler or breath-activated inhaler (a type of inhaler that releases the medication automatically when you breath in), you will need to follow different directions. Ask your doctor or pharmacist if you need more information or if you do not know what type of inhaler you are using.

1 Wash your hands thoroughly with soap and warm water.

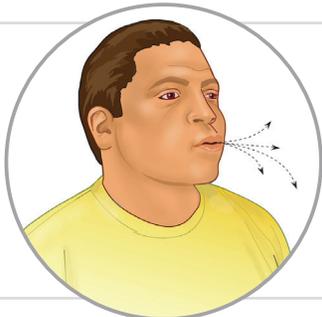**2** Remove the cap and hold the inhaler upright.

3 Shake the inhaler.

4 Breathe out slowly through your mouth.

5 Hold your inhaler as shown in the picture or as recommended by your doctor.

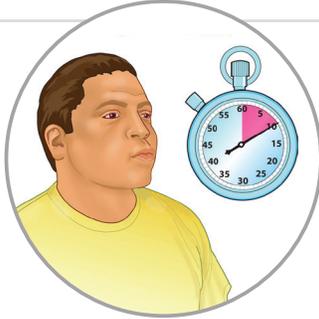**6** While you are breathing in, press down on your inhaler one time to release the medication.

7 Continue to breathe in slowly and as deeply as you can.

8 Hold your breath for 10 seconds, if you can, to allow the medication to reach deeply into your lungs.

10 Rinse your mouth thoroughly with water.

9 Repeat steps 3 to 8 until you have inhaled the number of puffs that your doctor prescribed. Ask your doctor or pharmacist if you need to wait between puffs of your medication.

11 Spit out the water. Do not swallow.