



## Controlling Asthma in American Cities Project: Minneapolis / Saint Paul

### HOW TO USE A METERED DOSE INHALER

1. Shake the inhaler well for at least 10 seconds, then remove the cap.
2. Insert inhaler into spacer.
3. Breathe out fully with chin up to empty the lungs.
4. Put mouthpiece between the teeth and close lips around it. Do not block opening with your tongue.
5. Press down once on the inhaler.
6. Continue breathing in slowly for 3-5 seconds.
7. Hold breath for 10 seconds to get medication deep into the lungs.
8. Wait 1 to 2 minutes between puffs before repeating a dosage if directed.
9. When using a steroid (controller) inhaler, rinse mouth afterward.





## Care and Cleaning of Metered Dose Inhaler

1. Look inside the mouthpiece of the inhaler.  
If you see "powder" debris in or around the spray outlet, clean the inhaler. Ideally, clean once/day for routine-use inhalers.
2. After removing the metal canister, clean the plastic case and cap by rinsing thoroughly with warm, running water.
3. Dry thoroughly, or let dry overnight. When dry, seat the canister firmly back inside the plastic case and put the cap on.
4. Store between 2° and 30°C (36° and 86°F). Store canister with nozzle end down. Protect from freezing temperatures and direct sunlight.
5. For best results, the canister should be at room temperature before use.