

## HOW TO USE YOUR METERED DOSE INHALER (MDI)

1. Prime the inhaler (if inhaler is new or infrequently used)
2. Take off the cap and shake the inhaler for 10 seconds.
3. Tilt your head back slightly.
4. Breathe out all the way.
5. Hold your inhaler 1 to 2 inches in front of your mouth (about the width of two fingers) or put the inhaler in your mouth.
6. As you start breathing in slowly through your mouth, press down firmly and fully on the inhaler canister one time.
7. Keep breathing in slowly, as deeply as you can.
8. Hold your breath as you count slowly to 10, if you can.
9. Wait about one minute between puffs, and repeat steps above.
10. When using a steroid inhaler, rinse mouth afterward.

