

# How to use your metered-dose inhaler

## Prime the pump unit

You'll need to prime your metered-dose inhaler before taking your dose:

- If you've never used it before.
  - If you haven't used it for 2 weeks or more.
  - After you clean it.
1. Shake the inhaler gently.
  2. Remove the cover.
  3. Point the spray tip away from you.
  4. Press down and release the pump **4** times into the air until a fine spray appears. Now your pump is ready to use.

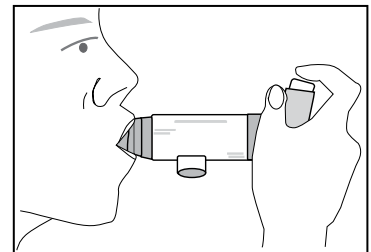
## Using your inhaler with a spacer

### Prepare to take your dose

1. Shake the inhaler.
2. Take the cap off and put the mouthpiece of the inhaler into the spacer.
3. Take the cap off of the spacer.
4. Hold the inhaler straight up, with the mouthpiece at the bottom.

### Inhale your dose

1. Tilt your head back a little and slowly breathe all the way out.
2. Place the mouthpiece of the spacer in your mouth.
3. Press down on the inhaler and spray **1** puff of medication into the spacer.
4. Breathe in slowly for **3 – 5** seconds or as slow and deep as possible. Keep breathing in until your lungs are full.
5. Hold your breath for at least **10** seconds.
6. Breathe all the way out.



**If you need another dose, wait at least 1 minute. Repeat steps 1 to 6.**

After you're done, put the caps back on your inhaler and spacer. If you're using an inhaler with corticosteroids (QVAR, Flovent-HFA, Asmanex), rinse out your mouth with water.

**Don't swallow the water.**

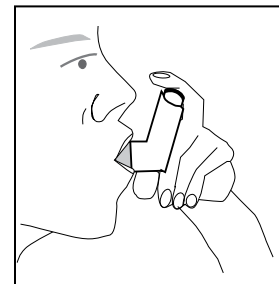
## Using your inhaler without a spacer: Closed-mouth method

### Prepare to take your dose

1. Shake the inhaler.
2. Take off the cap.
3. Hold the inhaler straight up, with the mouthpiece at the bottom.

### Inhale your dose

1. Breathe out all the way.
2. Tilt your inhaler up slightly and put it in your mouth. Keep your tongue flat under the mouthpiece and close your lips tightly around your inhaler.
3. As you breathe in slowly, press down on your inhaler 1 time.
4. Breathe in slowly for 3 – 5 seconds or as slow and deep as possible. Keep breathing in until your lungs are full.
5. Hold your breath for at least 10 seconds.
6. Breathe out.



### If you need another dose, wait at least 1 minute. Repeat steps 1 to 6.

After you're done, put the caps back on your inhaler and spacer. If you're using an inhaler with corticosteroids (QVAR, Flovent-HFA), rinse out your mouth with water. **Don't swallow the water.**

### Important tips

- Remember to hold your metered dose inhaler right side up, with the mouthpiece at the bottom.
- Always breathe in through your mouth, not your nose.
- Don't stop inhaling even if you feel the medication hit your throat.
- Remember: Hold your breath for at least 10 seconds. This lets the medication settle in your lungs.
- Don't inhale more than 1 puff with 1 breath.
- Don't inhale too fast or too slowly.

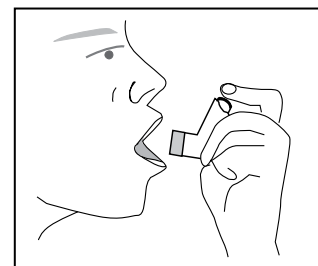
## Using your inhaler without a spacer: Open-mouth method

### Prepare to take your dose

1. Shake the inhaler.
2. Take off the cap.
3. Hold the inhaler straight up, with the mouthpiece at the bottom.

### Inhale your dose

1. Tilt your head back slightly and slowly breathe all the way out.
2. Place the inhaler about 1 to 2 inches away from your mouth.
3. Open your mouth wide and press down on inhaler 1 time.
4. Breathe in slowly for 3 – 5 seconds or as slow and deep as possible. Keep breathing in until your lungs are full.
5. Hold your breath for at least 10 seconds.
6. Breathe out.



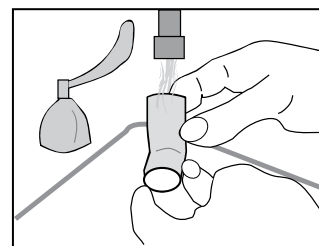
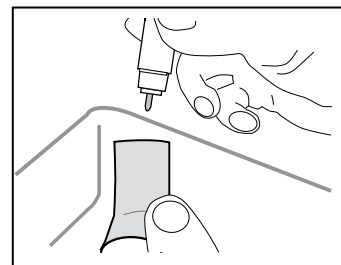
### If you need another dose, wait at least 1 minute. Repeat steps 1 to 6.

After you're done, put the caps back on your inhaler and spacer. If you're using an inhaler with corticosteroids (QVAR, Flovent-HFA, Asmanex), rinse out your mouth with water. **Don't swallow the water.**

# How to clean your inhaler and spacer

## Cleaning your inhaler

- Your inhaler should be cleaned:
  - at least once a week.
  - any time the inhaler becomes clogged or if you see powder in or around the hole where the medication sprays out
  - if the inhaler has not been used in 2 or more weeks
- To clean your inhaler, take the canister off of the mouthpiece.
  - Wash only the mouthpiece and cap. After separating it from the canister, run warm water through the top and bottom of the plastic mouthpiece for at least 30 seconds and shake to remove excess water.
  - Let the mouthpiece and cap air dry overnight. If they don't dry completely, the medicine can build up and clog the inhaler. In the morning put the canister back inside the mouthpiece and the cap back on the inhaler.



### If you need to use the inhaler before the mouthpiece is completely dry:

1. Shake excess water from the mouthpiece.
2. Re-attach the canister to the mouthpiece.
3. Perform 2 test sprays away from the face, then take your prescribed dose.
4. After use, rewash the inhaler as described in the cleaning instructions above.

When you're not using your inhaler, keep the cap on the mouthpiece to keep anything from getting inside. Store your inhaler at room temperature. Keep it away from heat.

## Cleaning your spacer

- Clean the spacer before you use it for the first time. Then clean it every week.
- To clean it, take off the rubber end and mouthpiece cap.
- Wash the spacer body and protective cap with a mild soap, like Ivory soap, and water. Rinse it completely, and let it air dry.