



## How to Use Metered-Dose Inhalers Properly

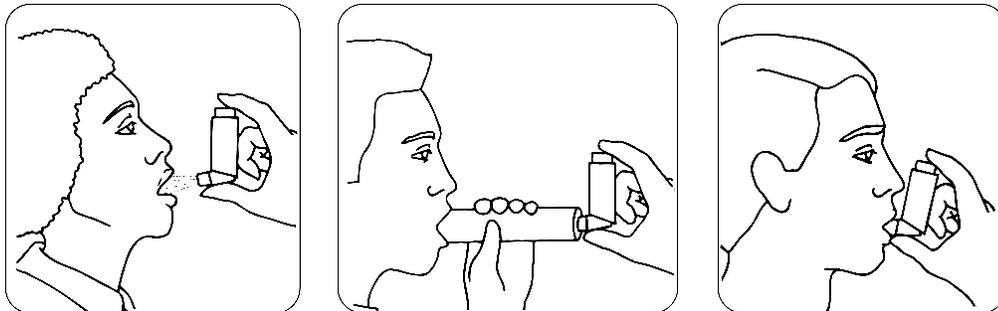
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Steps for checking how much medication is in the canister:

1. If the canister is new, it is full.
2. If the canister has been used repeatedly, it might be empty. Check product label to see how many inhalations (puffs) should be in each canister. To check how much medication is left, put the canister (not the mouthpiece) in a cup of water. If the canister
  - sinks to the bottom, it is full.
  - floats sideways on the surface, it is empty.

Steps for using the inhaler:

1. Remove the cap and hold inhaler upright.
2. Shake the inhaler.
3. Tilt your head back slightly and breathe out.
4. Position the inhaler in one of the following ways (the left position is optimal, but the right position is acceptable if you have difficulty with the position shown in the left or middle picture):
5. Press down on inhaler to release medication as you start to breathe in slowly.
6. Breathe in slowly (3 to 5 seconds).
7. Hold breath for 10 seconds to allow medication to reach deeply into lungs.
8. Repeat puffs as directed. Waiting 1 minute between puffs may permit the second puff to penetrate the lungs better.



Spacers are useful for all patients. They are particularly recommended for young children and older adults and for use with inhaled steroids. Ask your pharmacist about a spacer.

**\*Note :** Inhaled dry powder capsules require a different technique. To use a dry powder inhaler, it is important to close the mouth tightly around the mouthpiece and to inhale rapidly.

