



# How to Use a Metered-Dose Inhaler

## With a spacer or valved holding chamber:

1. Make sure the inhaler and spacer are free of foreign objects. Shake the inhaler for 10 seconds to mix the medicine. Remove the cap from the mouthpiece.
2. Place the inhaler mouthpiece onto the end of the spacer. Hold the inhaler between your index finger and thumb. Stand up, take a deep breath in, and breathe out as much as you can.
3. Put the end of the spacer into your mouth, between your teeth and above your tongue. Close your lips around the spacer.
4. Press down on the inhaler to release the spray, and begin to breathe in through your mouth. Breathe in deeply and slowly (for about five seconds) to pull the medicine deep into your lungs. If you breathe in too quickly, the spacer may make a whistling sound.
5. Hold your breath for five to 10 seconds—as long as you comfortably can, with your mouth closed.
6. Breathe out slowly through your mouth. If you breath out too quickly, the medicine will not settle into your lungs.
7. Wait one minute before taking a second puff, if so directed. Repeat steps one through six if taking a second puff.
8. Rinse your mouth out with water and spit.



## Additional Inhaler Tips:

1. Always have your quick-relief medicine with you in case you experience sudden symptoms.
2. Shake well before each use.
3. Follow priming and cleaning instructions found in the inhaler box insert.
4. Use as directed by your healthcare provider. If you feel like you need it more often, talk to your healthcare provider.
5. Always keep the protective cap on the inhaler when not in use. Store your inhaler in a clean plastic bag while carrying it in your pocket or purse.
6. Store your inhaler in a cool, dry place. Never store it in a car. At high temperatures, the medicine in your inhaler will begin to lose its effectiveness.

### Asthma Management Tips

Learn more asthma management tips through the American Lung Association's Asthma Basics. This one-hour, interactive web tutorial teaches participants to recognize and manage asthma triggers, Understand the value of an asthma action plan, and recognize and respond to a breathing emergency.

[Lung.org/asthma-basics](https://www.lung.org/asthma-basics)