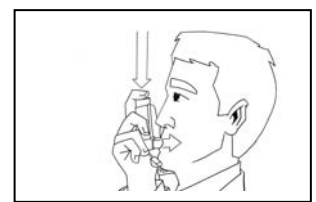
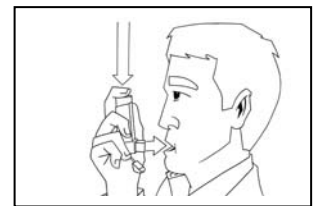
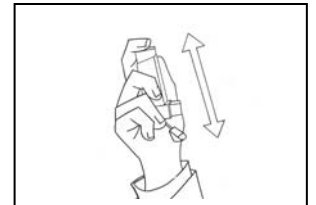


## How do I use my Metered-Dose Inhaler (MDI)?

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### Cue Words

1. **Remove cap.**
2. **Shake well.**
3. **Breathe normally and slowly.**
4. **Breathe out.**
5. **Tilt chin up** slightly.
6. Open mouth or close mouth around mouthpiece.
7. **Breathe in** and **depress** canister once.
8. **Breathe in** a slow, deep breath.
9. **Hold breath** for 5-10 seconds.
10. **Breathe out** slowly.
11. **Replace cap.**
12. **Wait for 30 seconds** if second dose is required. Repeat steps 2-10.



# How do I use my Metered-Dose Inhaler (MDI)?

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1. Remove the cap from the MDI.
  2. Shake well.
  3. Breathe normally and slowly through the mouth.
  4. Breathe out.
  5. Tilt head slightly backwards.
  6. OPEN MOUTH: Hold the inhaler 2-5 cm (1-2") from your mouth. Keep mouth wide open.  
**OR**  
CLOSED MOUTH: Place the mouthpiece in your mouth between your teeth and close your mouth around it.
  7. Begin to breathe in and push down on the canister once. Continue to breathe in slowly and deeply through the mouth until the breath is complete.
  8. Hold your breath for 5-10 seconds.
  9. Breathe out slowly.
  10. Replace the cap.
  11. If an additional inhalation is prescribed, wait 30 seconds before taking it, then repeat steps 2-9 for the prescribed number of inhalations.
- \* Always check the instructions included with your MDI for directions on priming and proper use \***

## Care of an MDI

1. Once a week, remove the medication canister from the plastic casing and wash the casing in warm, soapy water. When the casing is dry, replace the medication canister in the casing and put the cap on the mouthpiece.
2. Ensure the hole is clear.