



CORRECT USE OF A METERED-DOSE INHALER

Finding out how much Medicine is in the Canister

1. It is important to make sure that the canister holds enough medicine.
2. If the canister has been used often, it might be empty. (Check the label to see how many inhalations should be in each canister.)
3. To find out how much medicine is left in the canister, put the canister (without the mouthpiece) in a container of water. If the canister sinks to the bottom, it is full. If the canister floats sideways on the surface, it is empty.

Using the Inhaler

1. Remove the cap and hold the inhaler upright.
2. Shake the inhaler
3. Tilt your head back slightly and breathe out
4. Hold the inhaler between your thumb and pointer finger.
5. Press down on the inhaler to release the medicine as you start to breathe in slowly.
6. Breathe in slowly for three to five seconds.
7. Hold your breath for 10 seconds to allow medicine to go deeply into your lungs.
8. Repeat puffs as directed. Wait one minute between puffs to allow the second puff to get into the lungs better.

NOTE: Inhaled dry powder capsules are used differently. To use a dry powder inhaler, close your mouth tightly around the mouthpiece of the inhaler and breathe in quickly.

This information provides a general overview on the use of metered-dose inhalers and may not apply in each individual case. Consult your physician to determine whether this information can be applied to your personal situation and to obtain additional information.

