

Metered Dose Inhaler



1. Check package insert for instructions regarding number of priming puffs required when opening a new inhaler.
2. Remove the cap from the mouthpiece.
3. Shake the inhaler well for at least 5 seconds.
4. Tilt your head back slightly. (Look to where the wall meets the ceiling).
5. Hold the inhaler upright with the mouthpiece aimed toward the back of the throat.
6. Breathe out normally and slowly.
7. Open mouth wide. Begin to inhale slowly through your mouth and press down on the canister once. Continue the slow, deep breath in until your lungs are full.
8. Close your mouth and hold your breath for 5-10 seconds if possible, then breathe out.
9. If a second dose is ordered, wait 60 seconds then repeat steps 2-7. The waiting time is for the canister to recharge itself so that you get the full dose of medicine on the second puff.
10. Replace cap.
11. Gargle with water and spit out if you are using a corticosteroid either alone (Flovent, QVAR or Alvesco – the orangey-brown inhalers) or in combination with a long-acting bronchodilator (Advair – the purple inhaler). This decreases the possibility of getting side effects from the corticosteroid (oral thrush, sore throat and hoarse voice).

Cleaning Instructions

1. The mouthpiece should be cleaned once a week and as needed.
2. Remove the canister from the mouthpiece and clean the mouthpiece with warm water. Shake excess water out and dry it with a clean cloth. When the case is dry, reinsert canister and spray once into the air to ensure it is in working order.