Steps for the Correct Use of Your Metered Dose Inhaler (MDI)
Patient Education Handout associated with
UMHS Clinical Care Guideline

Detailed instructions:

1. Take off the cap and inspect the mouthpiece and the spray hole before use by tilting it forward and then blowing out any dust or other loose material.
2. Shake the MDI 10-15 times.
3. If the MDI is new or has not been used in 7 or more days, prime the inhaler by spraying doses into the open air - see package insert for the correct number to “dump.”
4. Push the inhaler mouthpiece into the end of the spacer.
5. Hold the inhaler and spacer comfortably in your hand. The metal canister should be upright with your first or second finger placed in the concave top and thumb on the bottom.
6. Inhale a comfortable breath.
7. Breathe out all of the way.
8. Open your mouth and seal your lips around the mouthpiece of the spacer while keeping your jaw relaxed and teeth apart. It is important not to bite the mouthpiece or close your teeth or put your tongue in front of the mouthpiece. If you are using a mask with the spacer make sure that the mask fits tightly around your child’s nose and chin. There should not be any gaps.
9. Tilt your head back slightly to look at the ceiling. Spray one dose into the spacer and breathe in slowly and deeply- hold your breath when you have breathed in all of the air you can hold. Many spacers have whistles that sound if you are breathing in too fast. If the spacer whistles slow your breathing. Do not spray more than one dose in the spacer at a time.
10. Count to ten slowly - or as long as you feel comfortable- while you hold your breath to allow the medicine to stay in your lungs and then breathe out slowly.
11. If a second puff of your MDI is to be used, wait at least one minute between doses and start again at step two. Make sure that you track the number of doses you use. Different inhalers have different numbers of doses, for example, 120 or 200.
12. When you have finished using your MDI and spacer, swish and rinse your mouth and gargle with water. Spit out the rinse water.
13. To clean your MDI, remove the metal canister from the plastic sleeve. Wash the sleeve with warm water and dry thoroughly before you use it again. It is very important to clean the small medication spray hole in the mouthpiece to prevent clogging. Do not put the canister in water or wash the canister since water may damage the spray system. Also, remember to clean your spacer if you use one.