

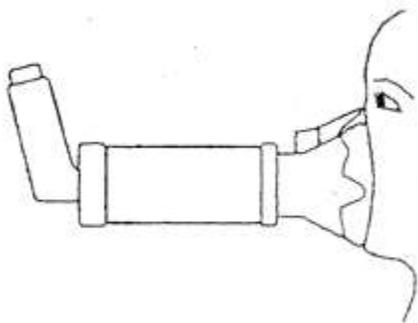
Metered Dose Inhaler (MDI) With a Chamber

What are the correct steps for using my Metered Dose Inhaler (MDI)?

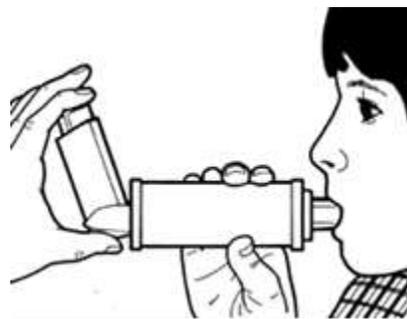
1. Take off the cap and inspect the mouthpiece and the spray hole before use by tilting it forward and then blowing out any dust or other loose material.
2. Shake the MDI 10-15 times.
3. If the MDI is new or has not been used in 7 or more days, prime the inhaler by spraying doses into the open air - see package insert for the correct number to “dump.”
4. Push the inhaler mouthpiece into the end of the chamber.
5. Hold the inhaler and chamber 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 chamber 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 chamber 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 chamber and breathe in slowly and deeply- hold your breath when you have breathed in all of the air you can hold. Many chambers have a whistle that sounds if you are breathing in too fast. If the chamber

whistles slow your breathing. Do not spray more than one dose in the chamber 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 chamber, 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 chamber if you use one.



Aerochamber with Mask



Aerochamber without Mask

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

Patient Education by [University of Michigan Health System](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#).

Patient Education Handout associated with UMHS Clinical Care Guideline
Last Revised 5/15/2013