

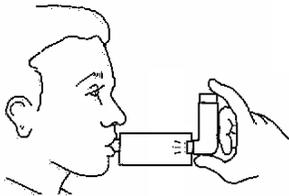
HOW TO USE YOUR METERED-DOSE INHALER

Using an inhaler seems simple, but most patients do not use it the right way. When you use your inhaler the wrong way, less medicine gets to your lungs. Bring your inhaler (and holding chamber if you have one) to your appointments in case we need to review proper inhaler technique. Other inhalers, such as powder inhalers, are taken slightly differently.

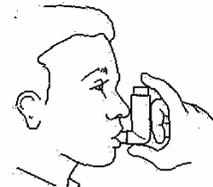
Steps for Using Your Inhaler

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|-------------------|--|
| Getting ready | 1. Take off the cap and shake the inhaler. |
| | 2. Breathe out all the way. |
| | 3. Hold your inhaler the way your doctor said (A or B) |
| Breathe in slowly | 4. As you start breathing in slowly through your mouth, press down on the inhaler one time. (If you use a holding chamber, first press down on the inhaler. Within 1 second, begin to breathe in slowly) |
| | 5. Keep breathing in slowly, as deeply as you can. |
| Hold your breath | 6. Hold your breath as you count to 10 slowly. |
| | 7. Wait 20 seconds, then take a second puff (if instructed) by repeating steps 1-6 above. |

A. Use a spacer/holding chamber.
These come in many shapes and can be useful to any patient.



B. Put the inhaler in your mouth



For younger patients, typically age 2-5 yrs, a valved holding chamber WITH MASK is preferred. Shake the inhaler. Place mask (tight seal) over nose and mouth as shown. Press down on the inhaler one time. Have child breathe in and out slowly and deeply 4 times. Hold breath at end of inspiration for 2-3 seconds if possible. Repeat above steps for second puff if instructed.

