



Metered Dose Inhaler (MDI) Without A Chamber

Technique For Use Of A Metered Dose Inhaler (MDI) Without A Spacer Or Chamber

(These instructions do NOT apply to dry powder or soft mist inhalers)

- Prime your inhaler if this is the first time you are using it, if you have not used it for several days, or if you have dropped it. Priming a metered dose inhaler usually involves shaking it and spraying it into the air (away from your face) a total of up to four times. See the information that came with your inhaler for exact instructions.
- Shake MDI canister vigorously for five seconds.
- Hold the MDI upright with your index finger on the top of the medication canister and your thumb supporting the bottom of the inhaler.
- Breathe out normally.
- Put the mouthpiece between your teeth and close your lips around mouthpiece or position mouthpiece approximately 4 cm (approximately width of two fingers) from your mouth.
- Keep your tongue away from the opening of the mouthpiece.
- Press down the top of the canister with the index finger to release the medication.
- At the same time as the canister is pressed, breathe in deeply and slowly through your mouth until your lungs are completely filled; this should take four to six seconds.
- Hold the medication in your lungs for approximately 15 to 30 seconds between puffs. Shake canister again before the next puff.
- When finished, recap mouthpiece.
- If your inhaler contains a steroid medicine (sometimes called glucocorticoid or corticosteroid), rinse your mouth and gargle with water after you use it. Then spit out the water. Do not swallow it.