

## Metered-dose inhaler

### TECHNIQUE

1. Remove the cap.
2. Shake the inhaler 3-4 times from top-down (to mix the contents well).
3. Tilt your head slightly back and exhale normally.
4. Place the mouthpiece within your teeth and seal your lips around it.
5. Begin to breathe in slowly through your mouth. Press down once on the canister and continue breathing in slowly (only press once to release one dose of medication).
6. Continue to breathe in slowly and deeply until your lungs are full.
7. Hold your breath for 5-10 seconds, or as long as is comfortable, so the medication will have time to settle in your airways.
8. If another dose is required, wait one minute between puffs and repeat steps 2-7.
9. Replace the protective cap.

Step 2



Step 4



### Maintenance and Cleaning

- Once a week, clean the cap and plastic container, without the canister, by soaking them in warm, soapy water, then rinsing and allowing to air-drying.
- Keep the inhaler away from sources of extreme heat and cold; warm it in your hands if it is cold.