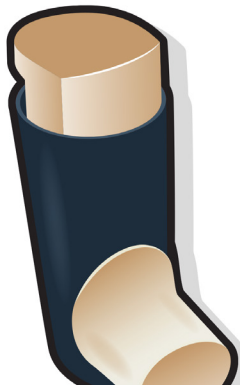


Using Your **PRESSURIZED METERED-DOSE INHALER**

1

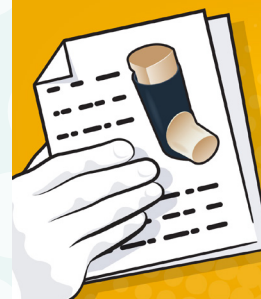


Using
Your
pMDI

This handout provides

GENERAL INFORMATION for the use of a pressurized metered-dose inhaler (pMDI). Please see the package insert of your inhaler for specific product instructions.

2



**READ YOUR
INSTRUCTIONS**

It is important to follow the instructions that came with your inhaler.

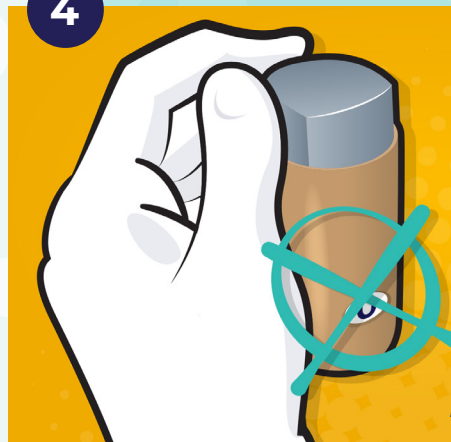
3



Is it
time to
REFILL?

Check the dose counter on your inhaler before each use.

4



STOP
using your
inhaler when
the dose
counter
reaches **0**,
even if it feels
like there may
be something in it.

PRIME your inhaler before first use, if it is dropped, or not used for a period of time



Shake your inhaler.

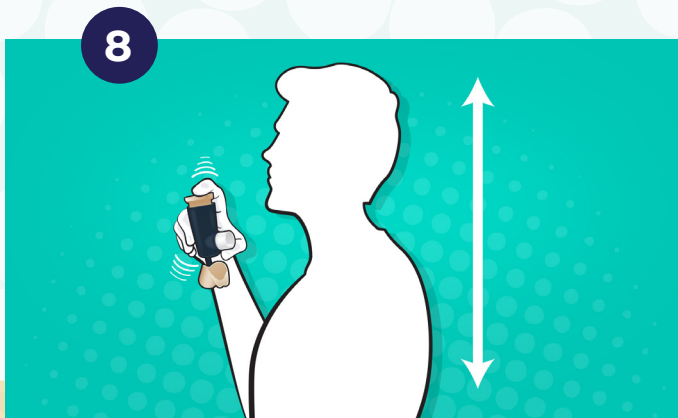


Remove the mouthpiece cap.



Point the inhaler away from you and press down on the top of the canister.

Your instructions will tell you when and how many times to prime your inhaler.



When you are ready

to use your inhaler, stand or sit up straight. Shake your inhaler. If the mouthpiece cap is on, remove it.



for as long as you can

Hold your inhaler away from your mouth and breathe out for as long as you can.



SEAL YOUR LIPS AROUND THE MOUTHPIECE.

Place the mouthpiece into your mouth, past your teeth and above your tongue.



Start to breathe in

slowly while pressing down firmly on the top of the canister to release the medicine.

Breathe in gently,

slowly, and deeply through your mouth for about 5 seconds.



Then, hold your breath for 5 to 10 seconds.



Breathe out slowly

16



If two puffs

have been prescribed, wait about 1 minute, shake your inhaler again and repeat these steps. When you are finished, place the cap back on the mouthpiece of your inhaler.

17

RINSE YOUR MOUTH

with water and spit



If your inhaler contains a corticosteroid, rinse your mouth with water and spit it out.

18

REVIEW YOUR PRESCRIPTION INSTRUCTIONS and **CLEAN YOUR INHALER** as directed



Check your prescription

label to find out when, and how often, to use your inhaler.

Be sure to follow any additional instructions for your inhaler, including your inhaler's specific directions for regular cleanings, which are important to keep your inhaler working properly.

Store your inhaler with the mouthpiece closed.