

How to use a Metered Dose Inhaler (MDI or puffer)



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CUE WORDS

1. **Remove** cap from puffer and mouthpiece
2. **Shake** the puffer (15- 30 seconds)
3. **Breathe out fully**
4. **Open mouth method:** hold puffer 2-5 cm from your mouth, keeping mouth wide open. Tilt head slightly back
Closed mouth method: Seal lips around the mouthpiece
5. Begin to **breathe in** and **press** the top of the puffer **once**
6. **Breathe in slowly and deeply**
7. **Hold breath for 10 seconds**
8. **Breathe out slowly**
9. **For second puff wait 30 seconds and repeat steps 2-8**
10. **Rinse mouth** after using a corticosteroid

Puffers should be used with a spacer, but if a spacer is not available use above method. It is very important that you use the inhaler properly. Even when used correctly, only about 15% of the medicine gets into the lungs, with a lot of it collecting in the back of the throat.

Note: Find out how many **doses** the puffer contains. Always check the **expiry date** on medication. Also **read the instructions that come with the metered dose inhaler.**



1. Remove cap from the puffer
2. Shake the puffer very well. (15-30 seconds)
3. Tilt head back slightly and keep the mouth wide open.
4. Breathe out normally, slowly, and fully.
5. Hold the puffer with the mouthpiece 2-5 cm outside your mouth, keeping mouth open or seal lips around the puffer mouthpiece
6. Begin to breathe in slowly and press top of the puffer once
7. Continue to breathe in slowly through your mouth over a few seconds without stopping until a full breath is taken in.
8. Hold breath for 10 seconds or as long as possible and slowly breathe out.
9. If a second dose is ordered, wait 30 seconds before taking it.
10. Rinse mouth after using corticosteroids, including combination puffers.

*Developed by the Certified Asthma Educators of the Asthma Education Clinic
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