

How to Use Your Metered-Dose Inhaler: Closed-Mouth Technique

Your clinician has prescribed medication that comes in a metered-dose inhaler. It is important that you know how to use your metered-dose inhaler so that you can take your medication correctly and breathe better.

Important: Before using your metered-dose inhaler for the first time, make sure you know how many doses your inhaler has. Keep track of how many doses of medicine you take each day so that you know when to refill your inhaler.

Note: Before using your metered-dose inhaler for the first time, read the preparation instructions in the package.

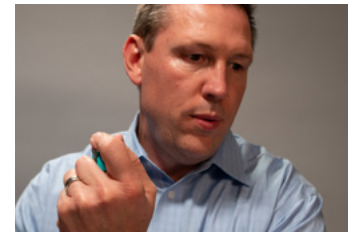
To use your metered-dose inhaler, complete these steps:



1. Take the cap off your inhaler. Make sure the inhaler is clean.



2. Shake your inhaler well to mix the medicine. Sit up straight or stand up.



3. Hold the inhaler away from your face, then breathe out all the way. **Important:** Do not breathe out into your inhaler.



4. Tilt your inhaler up slightly, place the mouthpiece between your lips, and then close your lips around the mouthpiece.



5. Breathe in slowly as you press down on your inhaler. Keep breathing in until your lungs are full.



6. Remove the mouthpiece from between your lips. Hold your breath for 10 seconds. If you cannot hold your breath for 10 seconds, hold your breath as long as you can.



7. Exhale.

8. If you need to take another dose of medicine, wait 1 minute. After 1 minute, repeat steps 2-8.



9. If you use a corticosteroid in your inhaler, such as Flovent®, Beclovent®, Vanceril®, Aerobid®, or Azmacort®, rinse your mouth out with water after you take your last dose of medicine.



10. Spit the water out: Do not swallow it.



11. Place the cap back on your inhaler.

! Use the instructions provided to clean your inhaler once a week. Store your inhaler in a cool, dry place. Keep your metered-dose inhaler and all medications out of the reach of children and pets.

