



INHALER

Metered Dose Inhaler (MDI)

WHAT IS AN INHALER?

- ❖ hand-held, portable devices that deliver medication to your lungs

3 MAIN TYPES OF INHALER



METERED DOSE INHALER

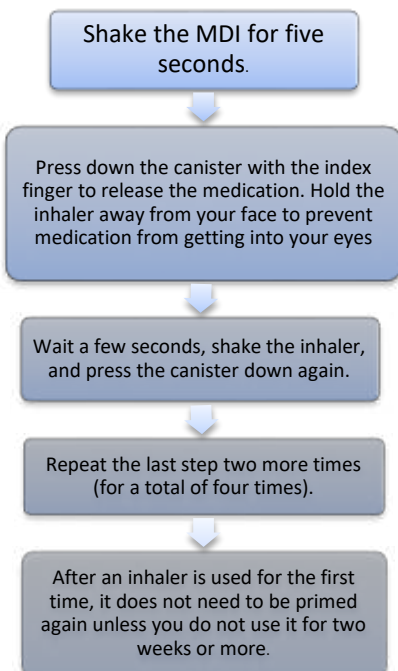


Medicine is stored in the canister
When you press down on the canister, the medicine travels through dosing chamber and sprays out of the mouthpiece.

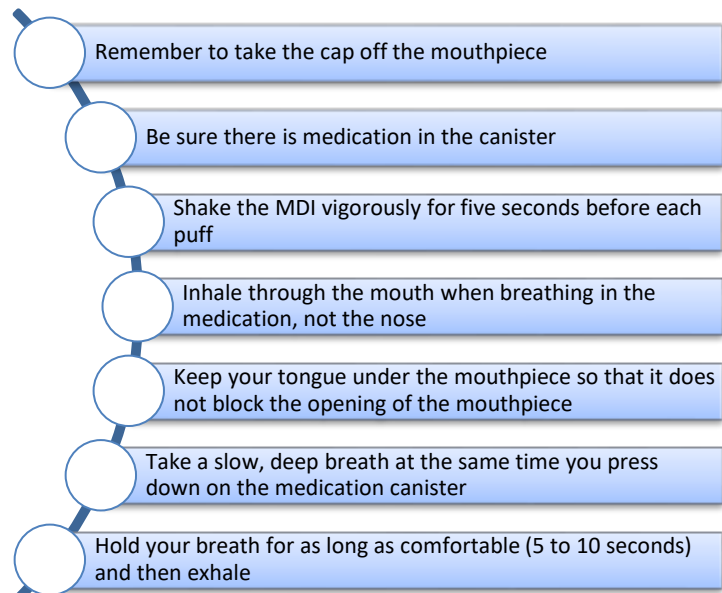
HOW TO USE

Each inhaler manufacturer has specific instructions for using their inhaler; the following are **GENERAL INSTRUCTIONS**:

- ✚ When using an MDI **FOR THE FIRST TIME** (with or without a spacer), prime the inhaler first:



- ✚ **Getting the most out of your inhaler** — The following tips can help to get the most out of a metered dose inhaler:



Inhaler containing steroids:
After using your inhaler, rinse your mouth with water, gargle, and spit. Do not swallow the water.
This helps reduce side effects from your medicine.



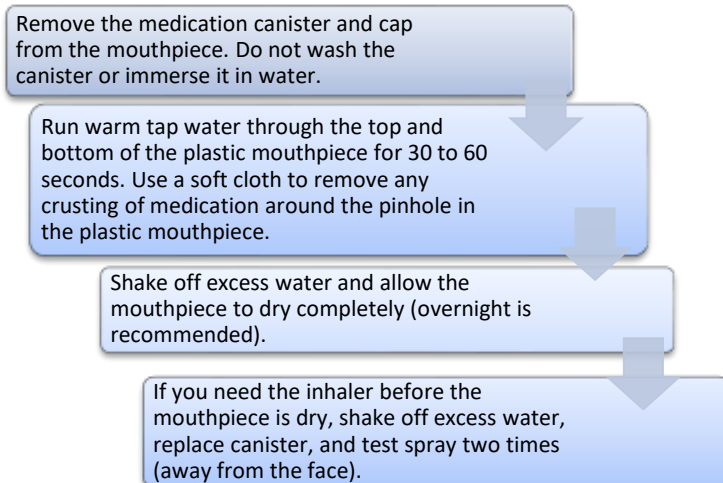
Hold the MDI upright with your thumb supporting the bottom of the inhaler



If you use a spacer, you might need to use your other hand to hold it. Different types of spacers are available

HOW TO CLEAN

Each inhaler manufacturer has specific instructions for cleaning their inhaler; the following are **general instructions**:



Reference: <https://www.uptodate.com/contents/inhaler-techniques-in-adults-beyond-the-basics>