

## How to use your pressurised Metered-Dose Inhaler (pMDI)

1. To open the inhaler, remove the mouthpiece cover.
2. Hold the inhaler upright with your thumb on the base and your finger on the top of the canister.
3. Shake the inhaler up and down 4 to 5 times.
4. If you are starting a new inhaler or have not used the inhaler for more than one week, point the mouthpiece away from you and press the canister to release one dose into the air.
5. Breathe out as much as is comfortable.
6. Put the mouthpiece to your lips. Seal your lips around the mouthpiece.



7. Start to breathe in slowly and gently. As you begin to breathe in, press the top of the canister to release **one** dose. Continue breathing in slowly and gently until your lungs are full.
8. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly.
9. Breathe normally.
10. For a second dose, wait 30 seconds and repeat steps 2 – 9.
11. To close, replace the mouthpiece cover.

### Always:

- Check the dose counter on the back of the inhaler (if your inhaler has one). This tells you how many doses are left.
- Some pMDI's do not have a dose counter. Make sure that you always have a spare inhaler at home.
- Make sure that the inhaler is in date. The expiry date is either on the canister, packaging or label.
- Rinse your mouth or clean your teeth after using your preventer (steroid) inhaler to prevent infection in your mouth.
- Take your inhalers with you when you attend your GP, Practice Nurse or the hospital.

### Cleaning:

- Wipe the inside and outside of the mouthpiece regularly with a clean dry tissue. Do not wash in water.

**If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.**

**Please use this information with the manufacturer's instruction leaflet.**