

METERED DOSE INHALER (MDI)

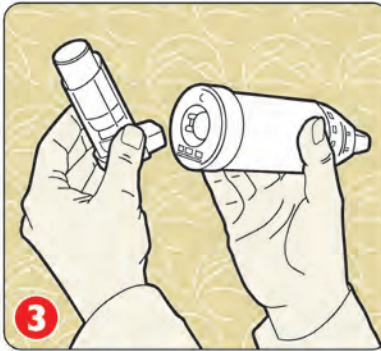
INHALER / "PUFFER" WITH SPACER & MOUTHPIECE



OPEN



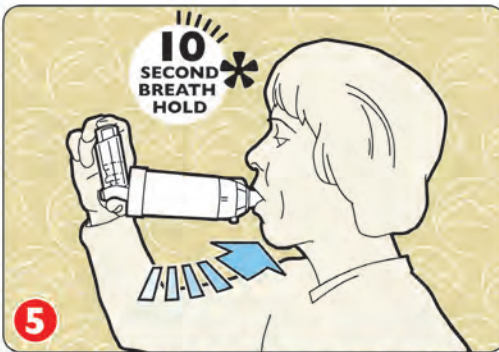
SHAKE



INSERT, BREATHE OUT



PRESS DOWN



SLOW DEEP BREATH IN & HOLD



REMINDER



RINSE & SPIT

IMPORTANT INFORMATION

Note: Using an inhaler without a spacer is **NOT** recommended.
Place mouthpiece between your teeth and close your lips.
***If you are not able to hold your breath, take 6 normal breaths.**

Spacers: Replace spacer if valves are missing or broken. Suggest replacing spacer yearly.
Whistle: The whistle sound is a warning to **SLOW** your breathing.
Cleaning: Every 2 weeks. Soak in warm soapy water for 15 minutes, remove from water, shake and let air dry.

Empty?: Shake it. If it feels light or you do not feel liquid moving, it is empty and needs to be replaced. Some devices have counters. "0" means it is empty. Throw it away.

Expired?: Pull the metal canister out of the plastic sleeve to check the expiry date on the canister.

Reminder: Replace cap on plastic sleeve to store MDI.

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

Illustrations developed by the Community Pediatric Asthma Service, www.ucalgary.ca/icancontrolasthma

For more information on inhaled medications and device demos, visit our website at:
www.ucalgary.ca/asthma

