

Using an Inhaler for Asthma

An inhaler delivers medicine directly to your lungs. There are many kinds of inhalers. One kind of inhaler is a metered-dose inhaler. Your healthcare provider will choose the kind that works best for you.

How to Use a Metered-Dose Inhaler*:

- 1 Open the inhaler (take the cap off).
- 2 Hold the inhaler with the mouthpiece towards you.
- 3 Check for and remove any loose objects in the inhaler.
- 4 Shake the inhaler (if recommended by inhaler instructions).
- 5 Breathe out all the way through your mouth.
- 6 Put the mouthpiece in your mouth and close your lips around it (as shown in the picture).
- 7 Use one dose of inhaler while you breathe in deeply and slowly through your mouth.
- 8 Remove the inhaler from your mouth.
- 9 Hold your breath to the count of 10 or for as long as is comfortable. This allows the medicine time to get into your airways.
- 10 Breathe out normally.
- 11 Wait about 1 minute, prepare inhaler for next dose, and repeat these steps—as instructed by your provider.
- 12 If your inhaler is a corticosteroid medicine, rinse your mouth with water and spit out the rinse. Do not swallow it.



**Show your healthcare provider how you use your inhaler
to make sure you are using it correctly.**

*You may need to prime your inhaler before using. To learn about this and how to use and care for your inhaler, always follow the instructions that come with your inhaler.



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