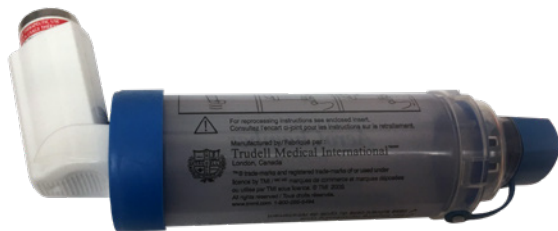


## How To Use Your Metered Dose Inhaler (MDI) Device containing the following medication: \_\_\_\_\_



MDI device with a spacer  
(exact colour will vary)

### Why use this sheet?

This sheet contains important information to help you use the inhaler device properly. Keep it in a place where you can find it. This sheet also indicates how the inhaler will help you and reminds you of how many puffs to take and how often.

### How using this inhaler will help me:

By taking my MDI device I will:

- Improve the symptoms that I have such as: \_\_\_\_\_
- \_\_\_\_\_

### How many puffs do I need to take and how often:

My dosing regimen is: \_\_\_\_\_ puffs \_\_\_\_\_ per day      Date: \_\_\_\_\_

**It is important to keep track of your dosing, if you do not keep track of doses than you could be using an empty inhaler and not know it.**

Only some types of MDIs have dose counters; If your MDI does not have a dose counter you can either tall them up on your phone or on the inhaler box or estimate when you should get a replacement. Take empty inhaler to your Pharmacy for recycling.

**MDIs need priming when brand new or haven't been used in 2 weeks.**

To do this, spray 4 puffs into the air before using.

**See over for step by step instructions**

# Inhaler Administration Steps

## Prepare the device

1. Remove cap from the MDI.
2. Shake well (about 5 times to mix propellant and drug together).
3. Remove cap from spacer and insert mouthpiece of inhaler into spacer (above the air intake valve, you'll be shown where this is).

## Get ready to inhale

4. Breathe out till your lungs are empty.
5. Place spacer mouthpiece in mouth between your teeth and close your lips around the mouthpiece, to make a good seal.
6. Press down at the top of the MDI canister ONCE.
7. Inhale slowly and deeply for 3 to 5 seconds (spacer should not whistle). If you do hear a whistle sound, it means you are inhaling too fast, slow down to get more drug into your lungs).
8. Hold breath for 5 to 10 seconds and breathe out.
9. If you have trouble holding your breath or breathing deeply in then you can breathe in and out of the spacer normally for 5 breaths.
10. If a second dose is required, wait at least 30 seconds and shake (to mix propellant and drug) before repeating steps 4 to 8.

**If you have any questions about how to use this, take your device and ask your local community pharmacist to check your technique.**  
**You can also watch videos at [www.lung.ca](http://www.lung.ca)**

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