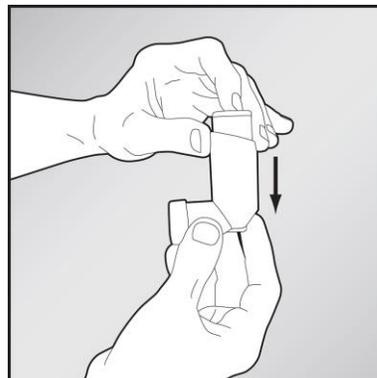
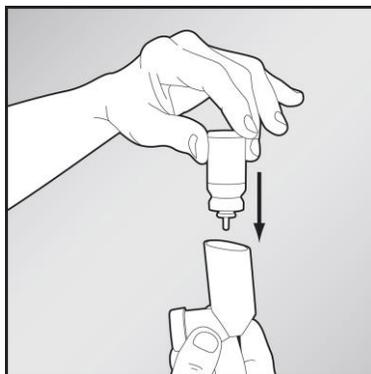
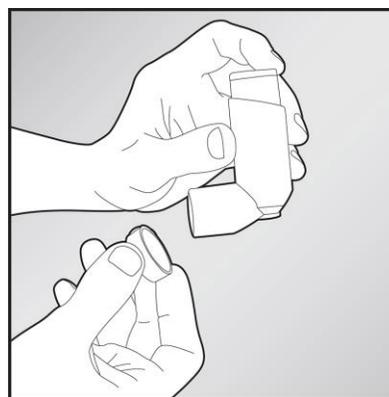


## Using a Pressurized Metered Dose Inhaler

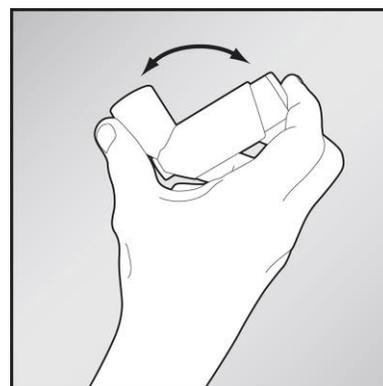
1. Get the inhaler ready.  
Put the canister into the inhaler casing.



2. Take the cap off the plastic mouthpiece.



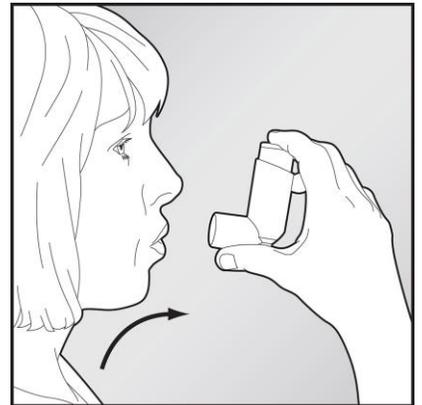
3. Shake the inhaler gently.



4. Hold the inhaler firmly with the mouthpiece 2 finger widths in front of your wide-open mouth. Direct the inhaler towards the back of your mouth.



5. Breathe out in a relaxed way as if you are completing a sigh.



6. Breathe in slowly. Just after starting to breathe in, press the canister down and keep breathing in for 3 to 5 seconds. The spray will be released and go into your lungs.



7. After breathing in fully, hold your breath for 5 to 10 seconds. Then breathe out.

8. **Take more puffs if prescribed – repeat steps 1 to 5.**



## Using a holding chamber or spacer device

The inhaled medication must be taken properly. Your health care provider can make sure you are using the inhaler the correct way. With pressurized inhalers, a holding chamber or spacer device, such as an Aerochamber<sup>®</sup>, may be helpful. Your health care provider will assess this during your visits. There are also powder inhalers which may be easier to use.

## Getting a Pressurized Inhaler Ready

If you are using a pressurized inhaler for the first time or it has not been used in a while, you need to prime it. Priming means you spray the medication into the air to get it ready to come out. When priming, wait 30 seconds between each spray.

Your health care provider will teach you about priming.

Here are some guidelines to follow:

<b>Name of Medication</b>	<b>How to Prime</b>
<input type="checkbox"/> Airomir	4 sprays if new or not used in 14 days
<input type="checkbox"/> Alvesco	3 sprays if new or not used in 7 days
<input type="checkbox"/> Atrovent	2 sprays when new and 1 spray if not 3 days
<input type="checkbox"/> Flovent	1 spray if new or not used in 7 days
<input type="checkbox"/> QVAR	4 sprays if new or not used in 14 days
<input type="checkbox"/> Ventolin	4 sprays if new or not used in 28 days

## Storing and Cleaning

- Store the inhaler at room temperature, away from heat.
- Keep the inhaler clean by following the directions that come with it.
- Your health care provider can also show you how to keep the inhaler clean.