

# METERED DOSE INHALER (MDI)

## INHALER / "PUFFER" WITH SPACER & MOUTHPIECE (4+ YEARS)



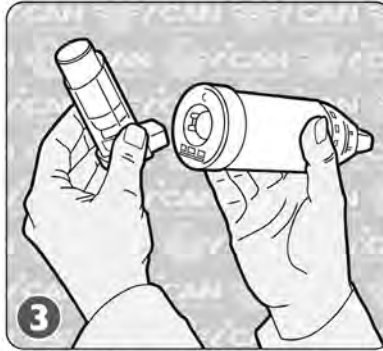
1

OPEN



2

SHAKE



3

INSERT, BREATHE OUT



4

PRESS DOWN



5

SLOW DEEP BREATH IN & HOLD



6

REMINDER



7

DRINK OR BRUSH TEETH

## IMPORTANT INFORMATION

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

**Spacers:** Replace spacer if valves are missing or broken.  
**Whistle:** The whistle sound is a warning to **SLOW** your breathing.  
**Cleaning:** Soak in warm soapy water. Let it 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.

Developed by the Community Pediatric Asthma Service, Calgary and area.

**For more information on asthma medications and device demos, visit our website at:**  
**[www.ucalgary.ca/icancontrolasthma](http://www.ucalgary.ca/icancontrolasthma)**

