

METERED-DOSE INHALER INSTRUCTIONS

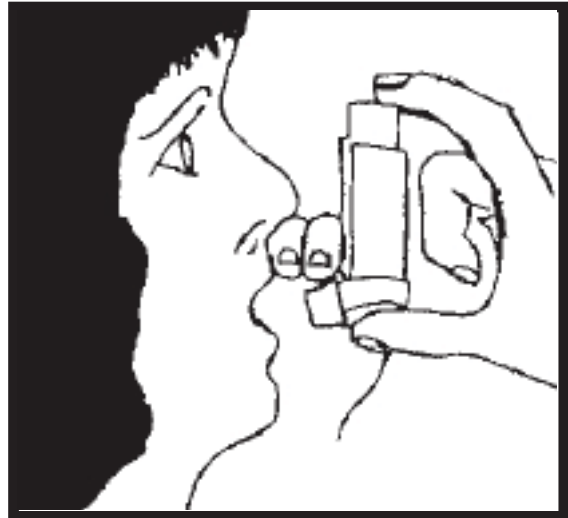
TO YOUR HEALTH - PATIENT EDUCATION HANDOUT

DESCRIPTION

1. If the canister is new, it is full.
2. If the canister has been used repeatedly, it might be empty. (Check product label to see how many inhalations should be in each canister.)
3. To check how much medicine is left in the canister, put the canister (not the mouthpiece) in a cup of water. If the canister sinks to the bottom, it is full. If the canister floats sideways on the surface, it is empty.

DIRECTIONS

1. Remove the cap and hold the inhaler upright.
2. Shake the inhaler.
3. Tilt your head back slightly and breathe out to normal end expiration: Do not force air out.
4. Position the inhaler 1-2 inches from the open mouth as shown in the picture. Your hand, used as shown, is a good way to measure about 2 inches.
5. Press down on the inhaler only once to release medication as you start to breathe in slowly.
6. Breathe in slowly, taking 3-5 seconds. The slower and longer it takes you to breathe in, the better the medicine will be absorbed deep in the lungs.
7. Hold your breath for 10 seconds to allow medicine to reach deeply into lungs.
8. Repeat puffs as directed. Waiting 1 minute between puffs may permit second puff to penetrate the lungs better.
9. Spacers are useful for all patients. They are recommended particularly for young children and older adults.



Using your fingers like this is a good way to measure about 2 inches.

Student Health Center



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This information is for educational purposes only. Consult your doctor for specific medical advice, diagnosis and treatment.

618-453-3311

Dial-A-Nurse is available after-hours until 10:30 p.m. during fall and spring semesters. In case of emergency dial 911.