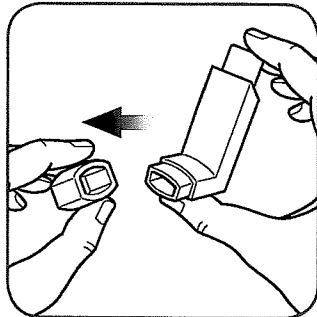
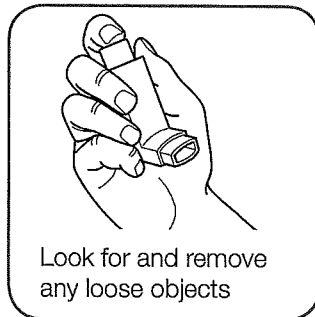


How to Use an Inhaler

An inhaler delivers medicine directly to your lungs. There are many kinds of inhalers. Your healthcare provider will choose the one that is best for you. The pictures below show you how to use a **metered-dose inhaler**.*

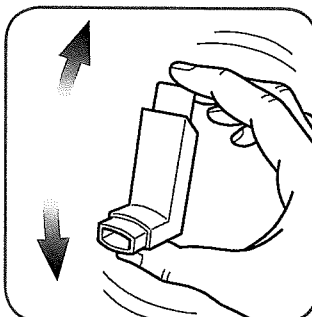


1 Open the inhaler (take the cap off).

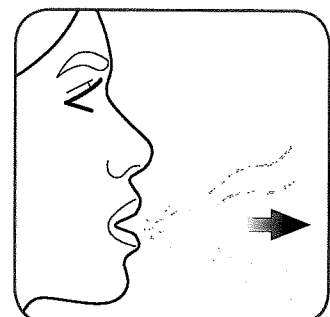


Look for and remove any loose objects

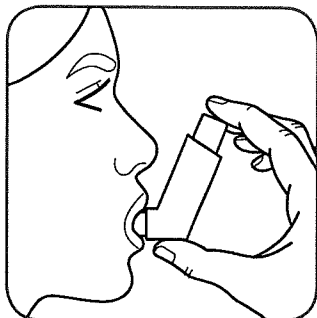
2 Hold the inhaler with the mouthpiece down and towards you.



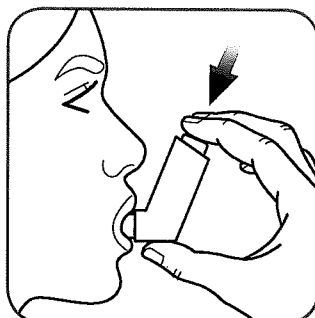
3 Shake the inhaler (if the inhaler instructions say so).



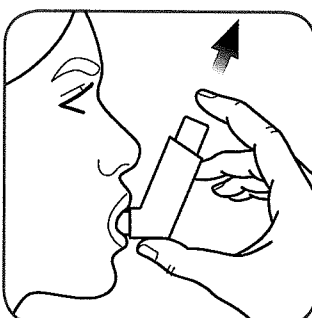
4 Breathe out all the way through your mouth.



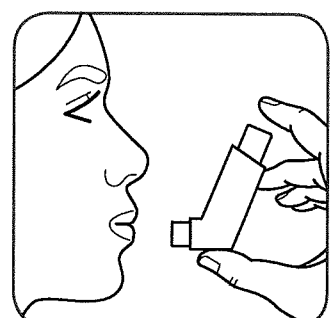
5 Put the mouthpiece in your mouth, and close your lips around it.



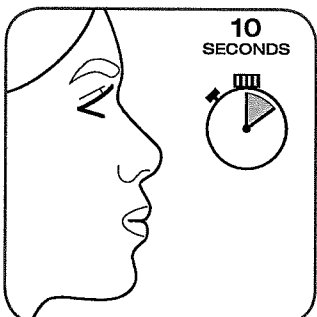
6 As you start to breathe in **deeply and slowly** through your mouth, push the top of the inhaler down.



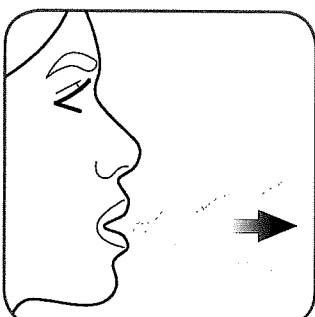
7 Once the spray comes out, take your finger off the inhaler.



8 Take the inhaler out of your mouth, and close your mouth.



9 Hold your breath for 10 seconds or for as long as is comfortable. This helps the medicine get into your lungs.

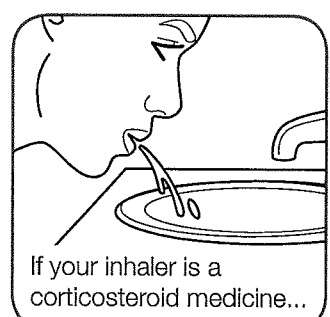


10 Breathe out normally.



If your provider has told you to use more sprays...

11 Wait up to 1 minute, and then repeat steps 4 through 10.



If your inhaler is a corticosteroid medicine...

12 Rinse your mouth with water, and spit it out. Do not swallow.

* You may need to prime your inhaler before use. To learn about this and how to use and care for your inhaler, always follow the instructions that come with your inhaler. Ask your provider if you have questions.

Show your healthcare provider how you use your inhaler to make sure you are using it the right way.