

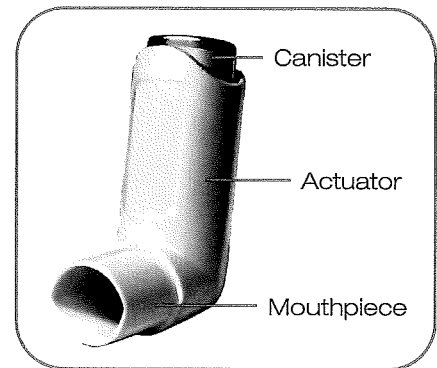
The Metered-Dose Asthma Inhaler

One way to take asthma medicine is with an inhaler. It sends the medicine directly to your lungs. If you use more than one inhaler, ask your doctor in which order you should take them.

TIP: Some inhalers are quick-relief (rescue) medicines that you use only when you have asthma symptoms. Others are controller medicines that you take every day to prevent symptoms. Make sure you know which inhaler is which.

Follow These Simple Steps:

- 1 • Remove the cap while holding the inhaler upright.
 - Check inside and outside of the inhaler, including the mouthpiece, for the presence of loose objects.
 - Then shake the inhaler gently but well.
- 2 • Stand up or sit up straight and tilt your chin up.
 - Breathe out completely through your mouth.
 - Then place the mouthpiece of the inhaler in your mouth and close your lips around it. Make sure your tongue doesn't block the opening of the mouthpiece.
- 3 • While starting to take in a slow, deep breath, push down once on the top of the inhaler.
 - Hold your breath and count to 10 or for as long as comfortable.
 - Remove the mouthpiece from your mouth and breathe out slowly.
 - Most medicines require 2 puffs. If your medicine does, wait 1 minute and repeat the steps above.
 - Replace the cap when finished.
 - If your inhaler is a corticosteroid medicine, rinse your mouth and throat with water after use and spit out the rinse.

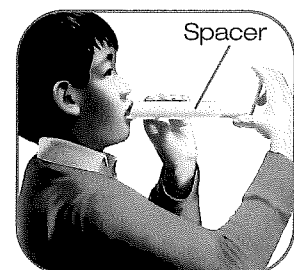


Most metered-dose inhalers look like this

TIP: A spacer makes it easier for some people to take their inhaler medicine correctly. Ask your doctor or pharmacist for help if you are having trouble using your inhaler.



Inhaler in the mouth



Inhaler with a spacer