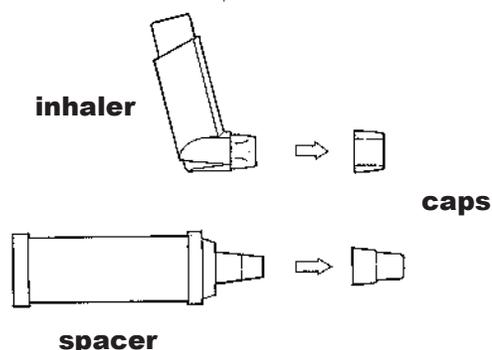


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# How to Use Your Inhaler

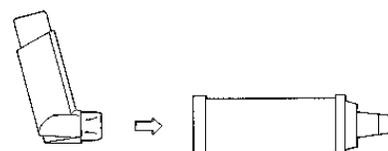
Some medicines are given by metered dose inhaler (MDI). An inhaler puts the medicine directly into the lungs. This helps the medicine work better. Also, when you put lung medicine only in your lungs, it helps prevent side effects in other parts of your body.

Always use the spacer with your inhaler. It keeps the medicine close to your mouth, so you can inhale it better. The spacer helps you get more of the medicine. You are less likely to get side effects from your medicine if you use a spacer, too. Use your inhaler correctly to get the most from your medicine.



## Every time you use your inhaler:

1. Stand up.
2. Remove caps from inhaler and mouthpiece of spacer.
3. Put inhaler mouthpiece into spacer.
4. Shake the inhaler well.
5. Tilt your head back a little and breathe out.



**Always use a spacer  
with your inhaler.**

6. Put the mouthpiece of the spacer in your mouth. Put your tongue under the spacer and out of the way. Seal your lips firmly around the mouthpiece.

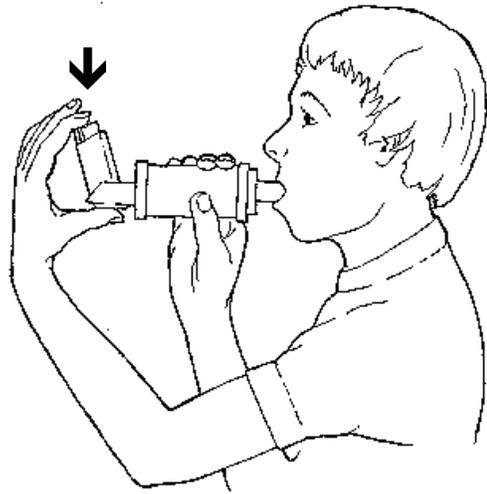
7. Press the inhaler to let out one spray.

8. Right after you spray, inhale through your mouth slowly and deeply. Take in the breath over three to five seconds.

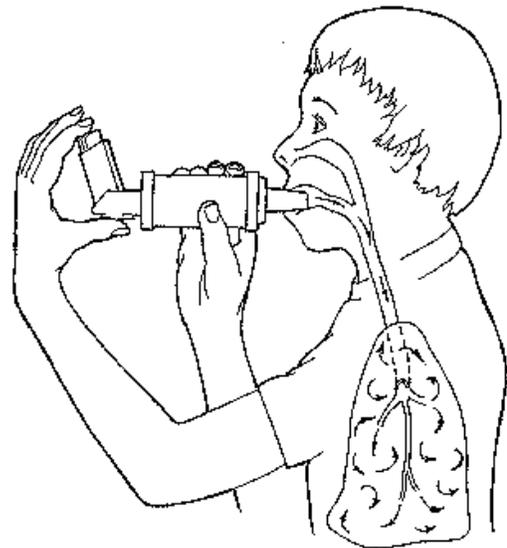
9. Hold your breath as long as you can, up to ten seconds. This gives the medicine time to settle in your lungs.

10. For bronchodilator medicine, wait one minute between sprays. This gives the first spray time to work. Then the next spray will be able to get down deeper in your lungs.

11. For the next spray, go back to step 4.



**Step 7: Press the inhaler to let out one spray.**



**Step 9: Hold your breath as long as you can to give the medicine time to settle in your lungs.**



Do not leave your inhaler in the car.  
The inhaler may explode from the heat.

## Now that you've read this:

Show your nurse or doctor how you would use your inhaler. (Check when done)



If you have any questions or concerns,

call your child's doctor or  call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital

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Phoenix, AZ 85016

602-933-1400

866-933-6459

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### Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

#29 • Written by Carolyn Geier, RPh and Debra A. Carlin, RN

• Illustrated by Dennis Swain and Irene Takamizu

This handout is also available in Spanish as #253/29s.