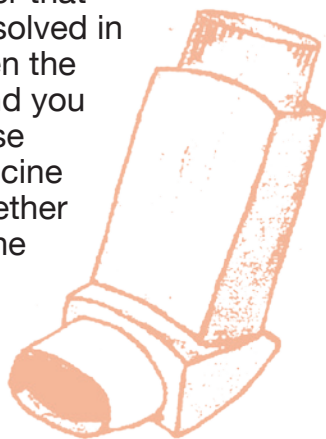


Instructions on how to use a metered dose inhaler (MDI)

What is a metered dose inhaler?

It is an aerosol canister that contains the drug dissolved in a gas propellant. When the canister is pressed and you inhale through the case mouthpiece, the medicine enters your lungs together with the air you breathe in. It is small and light and fits into various inhaling chambers. Activation of the inhaler must be synchronized with inhalation. The case is made of plastic and can be washed with soap and water.



How do you use a metered dose inhaler?

Either standing or sitting down, relax as much as you can and follow these instructions:

1. Remove the cap.



2. Shake the inhaler gently.



3. Hold the inhaler in the correct position (upright, L-shape).



4. Breathe out as fully as possible.



5-6. Start to breathe in through your mouth. While you inhale, keep your head up and place the inhaler in your mouth, closing your lips around it.



7. Press down on the inhaler and continue to breathe in through your mouth.



8. Hold your breath in your lungs for 10 seconds or for as long as you can.



9. Breathe out slowly.



10. Gargle and rinse your mouth after each use.



11. Replace the cap.



If you have any questions, please check with the nurse.