



Your partners  
in asthma management

# METERED DOSE INHALER

## How to Use Your Metered Dose Inhaler with Holding Chamber and a Mouthpiece



### What is a Metered Dose Inhaler (MDI)?

A MDI, or inhaler, is a device that contains asthma medicine. It delivers the medicine into the lungs. The MDI needs to be used in the correct way in order to work.

### What is a spacer?

A spacer is a plastic tube that connects to the MDI. The spacer helps more of the medicine get into the lungs to help your child.

If your child uses the MDI without a spacer, a lot of the asthma medicine can stick to

the tongue and throat instead of going to the lungs, wasting the medicine and decreasing its effectiveness.

### How should I instruct my child to use the MDI with spacer?

1. Wash your hands well.
2. Sit up straight or stand to use MDI.
3. Remove the cap from the inhaler.
4. Shake the inhaler well before using it each time. If it is a new inhaler or has not been used in several days, follow the manufacturer instructions for priming the inhaler.
5. Attach the inhaler to the spacer.
6. Put mouthpiece into mouth and close lips around it to ensure an effective seal.
7. Breathe out gently and press the MDI at the beginning of a slow inhalation. Breathe in slowly and deeply through the mouth until a full breath has been taken. Hold breath for 10 seconds. Slow down inhalation if you hear a whistling sound. Administer one puff at a time, waiting one minute between puffs.

### More tips

- Have your child rinse his mouth out with water or brush his teeth if the medicine was a corticosteroid, such as QVAR or Flovent. This step is not necessary with the use of albuterol.
- For cleaning, take apart and wash your child's spacer and mask with mild dish soap and water weekly. Allow to air dry. DO NOT dry with a cloth.

*(For viewing of proper technique, please refer to directional videos on our website's asthma link.)*

