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How to Use Your Inhaler Properly

1. Shake the inhaler well. Remove cap. Check the mouthpiece for foreign objects.
2. Breathe out fully, expelling as much air as you can.
3. Tilt your head back at a slight angle.
4. Place mouthpiece of your inhaler in your mouth, holding the inhaler upright.
5. As you start to inhale deeply and slowly through your mouth, fully depress the top of the metal canister with your index finger.
6. Continue to inhale as deep as you can.
7. Hold your breath as long as you comfortably can (usually to the count to 10). Before breathing out, remove the inhaler and release your finger from the canister.
8. Wait at least one minute and then repeat the procedure. Replace cap.
9. Remove the metal canister and cleanse the inhaler thoroughly in warm, soapy water and let air dry every night.

Other important information

We may provide you with an extension of the mouthpiece to attach to your inhaler. This extension will help with coordination since it slows down the velocity of the flow. It also breaks down the size of the particles when they hit against the wall, making it easier to get the inhalant into the lungs. When inhaled steroids are used we will always prescribe an Aerochamber or an Inspirease bag to use with it (see inhaled steroids).