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## **Education**

### **Metered-Dose Inhalers (MDI): How to Use Teen Version**

The metered-dose inhaler (MDI) is a canister of medicine that releases a medicated mist. You inhale the mist into the airways of your lungs. The MDI can be used alone, but it is highly recommended that you use a spacer or valved holding device attached to the MDI.

Several different types of medicines are available as MDIs, including:

- bronchodilators (Proventil, Ventolin, Maxair, or Alupent)
- inhaled steroids (Azmacort, AeroBid, or Flovent)
- cromolyn (Intal)
- nedocromil (Tilade)
- ipratropium bromide (Atrovent).

If you are using more than one type of MDI, you will usually use the bronchodilator first.

There are several ways to use an MDI. If you are not using a spacer or valved holding device, the technique most often recommended is as follows:

1. Shake the MDI vigorously.
2. Hold the MDI upright so the mouthpiece is at the bottom.
3. Open your mouth and hold the mouthpiece 1 and 1/2 to 2 inches (about 2 to 3 finger widths) in front of your mouth.
4. Breathe out normally.
5. Press the MDI down once so it releases a spray of medicine into your mouth while you breathe in slowly. (One spray is called a puff.)
6. Continue breathing in as slowly and deeply as possible.
7. Hold your breath for 10 seconds or as long as is comfortable (this gives the medicine time to reach the airways).
8. Breathe out slowly.
9. After taking a few normal breaths, repeat steps 1 through 8 for another inhalation (puff) if required. Take the number of puffs prescribed by your health care provider.

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### How to Use a Metered-Dose Inhaler



1. Shake the medicine.



2. Hold the metered-dose inhaler so the mouthpiece is at the bottom. Open your mouth and hold the mouthpiece 1½ to 2 inches (about 2 to 3 finger widths) in front of your mouth. Breathe out normally.



3. Press the metered-dose inhaler down once so it releases a spray of medicine into your mouth while you breathe in slowly. Continue breathing in as slowly and deeply as possible.



4. Hold your breath for 10 seconds or as long as is comfortable. Breathe out slowly.

### Cómo usar un inhalador de dosis medida

(How to Use a Metered-Dose Inhaler)



1. Agita el medicamento.



2. Extiende el inhalador de dosis medida de manera que la boquilla quede mirando hacia abajo. Abre la boca y extiende la boquilla a 1½ a 2 pulgadas (dos o tres dedos) de distancia de la boca. Expira el aire normalmente.



3. Oprime el inhalador de dosis medida hacia abajo una sola vez mientras inspira lentamente, pero que al recibir el medicamento entre por la boca. Continúa respirando lo más lento y profundamente posible.



4. Mantenga la respiración por 10 segundos o por tanto tiempo como sea cómodo. Expire lentamente.