

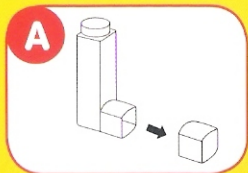


I CAN!

The Children's Asthma and Allergy Network
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How to use the **METERED DOSE INHALER** (Direct Closed Mouth Technique)

HOW TO USE THE METERED DOSE INHALER



1) Remove the protective cap.



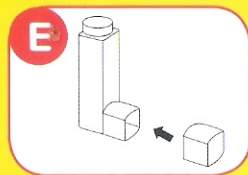
2) Shake the inhaler about 5 to 6 times.



3) Breathe out gently.
4) Hold the inhaler upright.
Put the mouthpiece in the mouth.



5) At the start of inspiration, which should be slow and deep, press the canister down and continue to inhale deeply.



6) Hold the breathe for 10 seconds, or as long as possible, then breathe out slowly.
7) Wait for a few seconds before repeating steps 2 - 6; as directed by your physician/asthma nurse.
8) Replace cap.

NOTE

- The use of the metered dose inhaler with a spacer device is preferred. Please consult your doctor or nurse before using the metered dose inhaler directly without a spacer device.

ALWAYS ASK YOUR DOCTOR OR NURSE FOR A DEMONSTRATION