

# COPD: Using Your Metered Dose Inhaler

Many people with COPD use a device called a metered dose inhaler, or MDI, to get medicine deep into their lungs.

MDIs can be quick-relief or controller medications.

No matter if your MDI is quick-relief or long acting, it's very important to learn how to use the MDI properly to make sure that you are getting the right amount of medication.

If you don't, you could end up with more medication in your mouth than in your lungs.

A MDI has several parts: a canister which contains the medication, a holder, a cap, and a mouthpiece.

Let's review each step.

First, remove the cap from the MDI.

Now shake the MDI.

Exhale deeply away from the inhaler.

Put the mouthpiece in your mouth.

Press down on the canister, and inhale slowly for about five seconds. If you hear a whistling noise this means you are breathing in too fast.

Take the device out of your mouth, while still holding your breath. Your goal is to hold your breath for ten seconds to let the medication settle in your lungs.

Then exhale. Wait one minute and then repeat these steps if a second dose is prescribed.

Your healthcare provider may recommend you use a spacer, or valved holding chamber, to help deliver the medication to your lungs.

Many people find spacers make MDIs easier to use.

Remember when using your MDI to remove the cap, shake the MDI, exhale deeply away from the inhaler, put the inhaler to your mouth, breath in slowly, take the inhaler away from your mouth while holding your breath, hold your

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breath for ten seconds, and exhale.

Repeat these steps if prescribed.

Take your MDI with you to all of your regular appointments. It's a good idea for your provider to review your technique.

Your MDI helps to get medication where it's needed, in your lungs. Take it as directed to get the benefit from your medication.