
Using Breath-Activated Metered-Dose Inhalers (MDIs)

You have been prescribed a breath-activated metered-dose inhaler (MDI). It gives you a fine spray of medicine when you breathe in. Your healthcare provider will show you how to use this inhaler. Here is a helpful step-by-step. Keep in mind that not all breath-activated MDIs work in the same way. Always follow the instructions from your healthcare team. Or the instructions that come with your medicine

How to use a breath-activated MDI

1. Wash your hands with soap and clean, running water.
2. Take the cap off the inhaler mouthpiece.
3. Hold the inhaler upright. Be sure not to block the air vents on the bottom of the inhaler.
4. Push up the lever on top. It will click into place.
5. Turn away from the inhaler. Breathe out gently.
6. Put the mouthpiece between your lips. Close your lips tightly around it.
7. Breathe in slowly and deeply through the mouthpiece. You will hear a clicking sound. Keep breathing in.
8. Take the mouthpiece out of your mouth. Keep your lips closed. Hold your breath for up to 10 seconds.
9. Turn away from the inhaler. Breathe out slowly through your mouth.
10. Push down the lever on top.
11. Repeat steps 3 to 10 for each dose your provider instructs you to take.
12. Place the cap back on.
13. Rinse your mouth with water. Spit the water out.