

# How to Use Your Metered Dose Inhaler (MDI) with a Spacer

Okay, time for a little review about asthma.

Asthma is a common condition that affects the airways in the lungs.

It's a chronic disease, which means asthma is a lifelong condition. There is no cure. It can even cause permanent lung damage if it isn't treated.

Nurse Nightingale was just about to show the Big Bad Wolf how to take his medicine the right way to help control his asthma and prevent asthma attacks.

Hey mother, what do you call a pig that knows karate?  
A pork chop. Get it?!

Hi ya! Ooohhh....

Mmmm...mmm. Do you mind if we get back to business?

Today I'm going to show you how to use your MDI inhaler and spacer, and I'm going to use a technique called "teach-back."

That means I'll show you how to use your medicines, then I'll ask you to "teach-back" what you learned so that I know you understood.

Sounds good!

One: Take the cap off the inhaler.

Two: Shake the MDI.

Three: Insert the upright MDI into the spacer.

Four: Exhale.

Five: Place the mouthpiece between your teeth, above your tongue and close your lips around the mouthpiece.

Six: Press the MDI for one dose or "puff."

Seven: Inhale slowly.

Eight: Hold your breath for 5 to 10 seconds.

Nine: Remove the mouthpiece from your mouth and exhale.

Ten: If your doctor says to take more than one dose or "puff," wait one minute before repeating steps 2-9 again.

And that, my friend, is how to use your metered dose inhaler or MDI. Any questions?

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No, I think I got it.

Okay, can you “teach-back” what you just learned?

Sure. Can they help me?

Of course!

Take the cap off the inhaler.

Shake shake that MDI.

Insert that MDI upright in the spacer.

And just exhale.

Place the mouthpiece between your teeth, above your tongue and close your lips around the mouthpiece.

Now press the MDI, for one dose or puff.

Inhale slowly, yeah inhale slowly.

Hold your breath for 5 to 10 seconds, before you begin to remove the mouthpiece.

And exhale!

Very good!

And it's so important to have a great supporting cast helping you.

A few last things.

If using a new MDI for the first time, or if it hasn't been used for a few days, you need to “prime” the MDI to make sure the right amount of medicine is given.

First, remove the cap from the MDI.

Next, shake the inhaler.

Then, spray in the air away from you, usually one or two puffs.

Different inhalers have different priming instructions.

The instructions that come with your MDI will tell you how many times it must be primed.

Most MDIs have a dose counter that shows how many doses are left in the inhaler.

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When the counter reads “zero” the inhaler is empty.

And finally, you should wash the spacer once a week with warm, soapy water and let air dry.

Or you can put it on the top shelf of your dishwasher.

Okay, I will!

Hi ya!