

# What's That Mean? – Using a Metered Dose Inhaler (MDI)

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!