

Step-by-Step: Using a Metered-Dose Steroid Inhaler Open Mouth

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Wash your hands with soap and water for at least 20 seconds. Check the expiration date on the canister of your inhaler. Remove the cap covering the mouthpiece. Shake your inhaler up and down for five seconds.

Prime it if needed by facing the mouthpiece away from you and pushing down on the canister as many times as indicated in your medication instructions.

Stand up straight or sit up straight.

Breathe in once. Breathe out once. Place the mouthpiece of your inhaler two fingertips length away from your lips.

Press down on the canister once. Breathe in for five seconds. Hold your breath for 10 seconds.

Breathe out once.

Take another dose if prescribed by your provider.

Place the cap back onto the mouthpiece. Rinse your mouth out with a sip of water and spit it back out.