

Step-by-Step: Using an Inhaler: Open Mouth

Using an Inhaler Open Mouth.

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 from the mouthpiece.

Shake your inhaler up and down for five seconds. Prime your inhaler if needed by pushing down on the top three times.

Stand up straight or sit up straight. Breathe in once. Breathe out once. Place your inhaler two fingertips away from your lips.

Remove your fingertips and press down on the top of the canister. Breathe in for five seconds. Hold your breath for 10 seconds. Breathe out once.

If instructed by the provider to take another puff, wait 30 seconds, shake the inhaler, and then repeat steps 5 through 12.

Place the cap back onto the mouthpiece. If your inhaler used a steroid, rinse your mouth with a sip of water and spit it out.