

Using a Metered-Dose Inhaler Without a Spacer

Using your inhaler correctly is an important part of taking care of yourself.

A metered-dose inhaler can help you get the right amount of medicine right into your lungs.

Metered dose means that the inhaler gives a measured amount of medicine each time you use it.

This type of inhaler delivers medicine in the form of a liquid mist.

Your doctor may recommend using a spacer with most metered-dose inhalers.

The spacer can make it easier for you to get medicine into your lungs.

A spacer is a chamber that attaches to the inhaler.

But if you don't have a spacer, you can still use the inhaler without it.

You can also ask your doctor for a spacer.

Before you get started, here are a few things to remember.

Inhalers come in different shapes, sizes, and doses.

Each kind is used differently.

Read the instructions that come with your inhaler.

Make sure you use the right inhaler at the right time.

Label each inhaler if you have more than one.

Check the instructions to see if you need to prime the inhaler before use.

Prime means to get it ready.

If the inhaler needs priming, follow your inhaler's instructions.

Before you begin, be sure you've worked with a nurse, doctor, pharmacist, or respiratory therapist to make sure you're using your inhaler correctly.

But here's how someone would generally use a metered-dose inhaler without a spacer.

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Begin by shaking the inhaler for 5 seconds.

Remove the cap.

Next, hold the inhaler upright with the mouthpiece at the bottom.

Now, stand or sit up straight.

With the inhaler a short distance from your mouth, breathe out slowly and completely.

Next, put the inhaler's mouthpiece in your mouth, and close your lips tightly around it.

Keep your tongue away from the opening.

Take 1 slow, deep breath while pressing the canister 1 time to release a puff of medicine.

Hold your breath for 5 to 10 seconds.

If you need another puff of medicine, wait 1 minute between puffs.

Replace the cap on the inhaler.

Rinse your mouth with water if the inhaler has corticosteroids, such as budesonide.

Do not swallow the water.

So that's how to use a metered-dose inhaler without a spacer.

Now here are a few other reminders.

Use the inhaler's dose counter to see how many doses are left, and get inhaler refills before you run out.

Follow the instructions for cleaning the inhaler.

This will help you do it the right way for each inhaler.

At first, learning how to use an inhaler can be stressful.

But with practice, using a metered-dose inhaler can help you feel better and breathe easier.

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And if you have questions, you can always call your doctor.

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