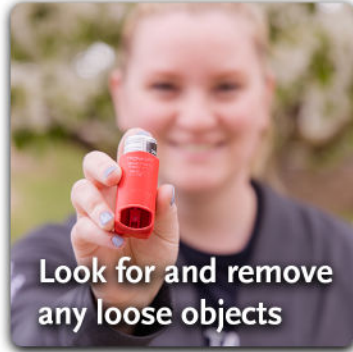


# HOW TO USE AN INHALER

An inhaler delivers medicine directly to your lungs. There are many kinds of inhalers. Your healthcare provider will choose the one that is best for you. The pictures below show you how to use a **metered-dose inhaler**.



Open the inhaler (take cap off).



Look for and remove any loose objects

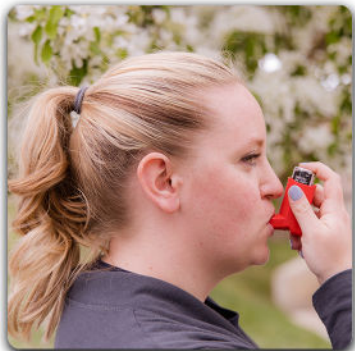
Hold the inhaler with the mouthpiece down and towards you.



Shake the inhaler (if the inhaler instructions say so).



Breathe out all the way through your mouth.



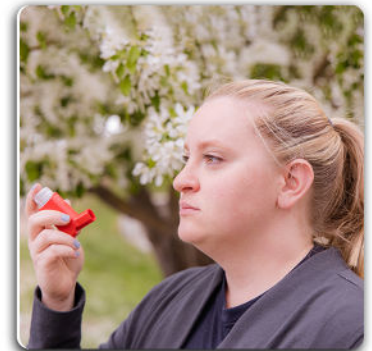
Put the mouthpiece in your mouth, and close your lips around it.



As you start to breathe in deeply and slowly through your mouth, push the top of the inhaler down.



Once the spray comes out, take your finger off the inhaler.



Take the inhaler out of your mouth, and close your mouth.



Hold your breath for 10 seconds or for as long as comfortable. *This helps get the medicine into your lungs.*



Breathe out normally.



Wait up to 1 minute, and then repeat steps 4 through 10.



Rinse out your mouth with water, and spit it out. Do not swallow.