

Find the patient instructions that came with your inhaler – look in the box for the thin paper insert. Copy this chart for each inhaled medication you use, then fill in the blanks. The details do make a difference!

My MDI Instructions

Name of medication: _____

When to use it: _____

1. Remove the cap and check to make sure the tiny exit hole where the medication comes out is clear.

2. Shake your inhaler for ___ seconds. (Cross off this step if your inhaler does not require shaking.)

3. Prime inhaler:

- shake and spray ___ times before using it the first time
- shake and spray ___ times if you haven't used it in ___ days
- shake and spray ___ times if you have dropped the inhaler
- shake and spray ___ times if you have just washed it
- other instructions: _____

4. Stand or sit tall and exhale completely.

5. Place inhaler mouthpiece into your mouth (or in front of your open mouth, if instructed)

6. Begin to inhale slowly, then activate the inhaler

7. Inhale for 3 to 5 seconds

8. Hold your breath for 10 seconds

9. Exhale slowly

10. Wait ___ seconds before repeating steps 2-9 for a second dose.

11. Rinse your mouth and spit out if using a corticosteroid.

12. Clean or wash inhaler every ___ days. Check correct method:

- Remove canister and wash plastic activator (or mouthpiece) in warm water; air dry
- Wipe mouthpiece and exit port with damp cloth or swab; air dry
- Wipe mouthpiece with damp cloth and exit port with dry swab
- Do not use water; wipe mouthpiece and exit port with dry cloth
- Other notes: _____

13. Replace inhaler after ___ activations or after ___ months (whichever comes first).

Notes:
