



Using a Metered Dose Inhaler

Metered dose inhalers (MDIs) can contain long-term controller medicine or quick-relief medicine. It is important to know which medicine your inhaler contains because the two types of medicines work in different parts of asthma.

Spacers (Holding Chambers)

- Whenever possible, use a spacer, also known as a holding chamber, with your metered dose inhaler.
- A spacer is a plastic tube that connects to the mouthpiece of an inhaler and helps get medicine deeper into the lungs and airways
- A spacer helps direct the medicine to the airways so each dose is more effective and less medicine is wasted

Using a metered dose inhaler with a spacer:

- Remove any candy, food, or gum from your mouth
- Stand up straight
- Remove the cap of the inhaler and attach it to the spacer. Make sure to clean out any dust or fuzz so there is nothing inside
- Take a deep breath in and breathe out slowly to empty your lungs completely
- Put the spacer in your mouth and seal your lips around the mouthpiece
- Press down on the inhaler and take a slow deep breath in
- Hold your breath for 10 seconds and then breathe out
- If using a controller medicine, rinse your mouth with water and spit water out

Using a metered dose inhaler without a spacer:

- Remove any candy, food, or gum from your mouth
- Stand up straight
- Remove the cap of the inhaler and attach it to the spacer. Make sure to clean out any dust or fuzz so there is nothing inside
- Shake the inhaler for five seconds
- Take a deep breath in and breathe out slowly to empty your lungs completely
- Place the inhaler mouthpiece inside your mouth and seal your lips tightly around the mouthpiece
- Take a slow breath in, press down on the inhaler and breathe in the medicine
- Hold your breath for 10 seconds and then breathe out
- If using a controller medicine, rinse your mouth with water and spit water out