

METERED DOSE INHALER (MDI)

INHALER / "PUFFER" WITH SPACER & MOUTHPIECE (4+ YEARS)



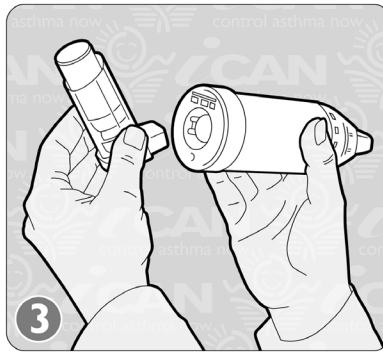
1

OPEN



2

SHAKE



3

INSERT



4

PRESS DOWN



5

SLOW BREATH IN & HOLD



6

REMINDER



7

RINSE & SPIT

IMPORTANT INFORMATION

Using an inhaler without a spacer is **NOT** recommended.

* **Note:** If you are unable to take a slow, deep breath and hold it, take 6 normal breaths.

Spacers: The chamber should be free from cracks. Replace missing or broken valves.

Whistle: The whistle sound is a warning to **SLOW** your breathing.

Cleaning: Soak in warm soapy water – do not rinse. Drip dry.

Empty?: Shake it. If it feels light or you do not feel liquid moving, it is empty and needs to be replaced. Throw it away.

Expired?: Pull the metal canister out of the plastic sleeve to check the expiry date on the canister.

Reminder: Replace cap on plastic sleeve to store MDI.

Developed by the Community Pediatric Asthma Service, Calgary Health Region.

For more information on asthma medications and device demos, visit our website at:

www.calgaryhealthregion.ca/ican