



Pulmonary Medicine, Critical Care Medicine & Sleep Disorders Medicine

PIMA LUNG & SLEEP, PC

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USE & CARE OF YOUR
METERED DOSE
INHALER w/SPACER

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USE & CARE OF YOUR METERED DOSE INHALER WITH SPACER

You will get the most benefits from your inhaler when you follow these instructions which include the use of a spacer device.

The Metered Dose Inhaler (MDI) offers a safe, effective method of delivering medication to the lungs. Reversal of bronchospasm and prevention of bronchospasm are two of the most common uses. Do not overuse your MDI. It may make you become intolerant to the medicine and it will no longer help you.

When using 2 or more different types of inhalers such as a bronchodilator (Proventil, Ventolin, Alupent) and a corticosteroid (Beclovent, Vanceril, Asmacort), be sure to use the bronchodilator first, then the corticosteroid or other medication. The bronchodilator opens the airways so that the next medication can get deeper into your lungs.

What is the proper use of your MDI?

Your MDI package should contain three (3) parts: **medication canister, mouthpiece, and spacer device.**

1. Assemble parts per package instructions.
2. Shake canister vigorously for 5 seconds.
3. Squirt 1 puff of medication into the spacer.
4. Exhale slowly with pursed lips.
5. Place spacer mouthpiece in mouth and inhale slowly until lungs are full.
6. Hold your breath to the count of 5, exhale slowly with pursed lips.
7. Wait at least 1 minute.
8. Repeat steps 2 through 7 as many times as prescribed by your doctor (*do not exceed the dose prescribed by your doctor!*)
9. Rinse your mouth thoroughly with water when finished.

What is the proper procedure to clean your MDI?

- Your spacer device requires daily and weekly cleaning in order to prevent bacterial growth.
- The mouthpiece should be wiped down daily with a mild soap and water solution and allowed to air dry.
- 2-3 times per week, disassemble your spacer and mouthpiece and wash them in a mild soap and water solution, rinse and allow to air dry.



FULL



3/4 FULL



1/2 FULL



1/4 FULL



EMPTY

- Your inhaler should be refilled when it is 1/4 full
- Fill a cup or bowl (large enough to hold your inhaler canister) 3/4 full of water
- Place the canister in the water
- Use the diagram above to estimate when to refill the prescription



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