

## Canister

1. If the canister is new, it is full.
2. Check product label to see how many inhalations should be in each canister.
3. Some metered-dose inhaler (MDI) containers and dry powder inhalers have a dose-counting device to specify the remaining number of doses available in the canister.
4. If a dose-counting device is not available, each use should be counted and recorded.
5. Do not place inhalers with hydrofluoroalkanes in water to check fill, because it will destroy them.

## Steps for Using the Inhaler Without a Chamber

1. Shake the MDI well for 5 seconds.
2. Remove the cap and hold inhaler upright.
3. Attach spacer, as appropriate.
4. Keep chin up and breathe out slowly.
5. With the inhaler in an upright position, insert the mouthpiece and seal lips around it forming an airtight seal.
6. At the end of a normal expiration, depress the top of the inhaler canister firmly to release the medication (into the mouth) and breathe in slowly (about 3 to 5 seconds). Relax the pressure on the top of the canister.
7. Hold the breath for at least 5 to 10 seconds to allow the aerosol medication to reach deeply into the lungs.
8. Remove the inhaler and breathe out slowly through the nose.
9. Wait 1 minute between puffs (if an additional puff is needed)