



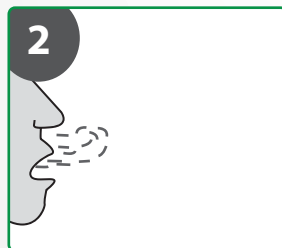
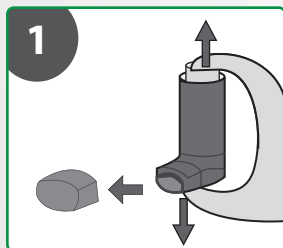
# How To Use MDIs, DPIs And Spacers

## What are MDIs?

Metered-dose inhalers (MDIs) help deliver medication to asthma patients in the form of a spray. This helps open up the airways and makes breathing easier. Metered-dose inhalers are designed to release a premeasured amount of medication.<sup>1</sup>

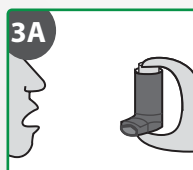
## How to Use an MDI?<sup>1</sup>

1. Remove the cap, hold the inhaler upright and shake it well
2. Breathe out slowly through your mouth

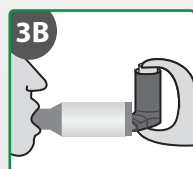


3. Hold your inhaler as recommended by your doctor (A, B or C)

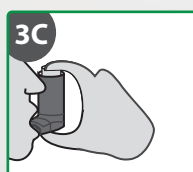
- A. 1 to 2 inches away from the mouth



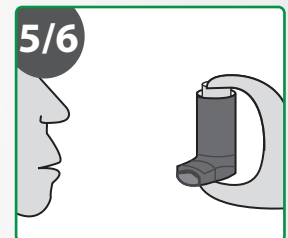
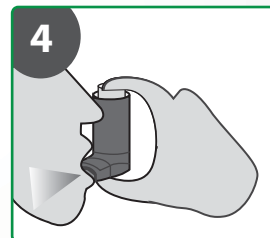
- B. Use spacer with mouthpiece or mask



- C. Put the inhaler in your mouth



4. While you are breathing in, press down on your inhaler once to release the medication
5. Continue to breathe in slowly and as deeply as you can
6. Hold your breath for 10 seconds, if you can, to allow the medication to reach deep into your lungs



Repeat steps 1 to 6 until you have inhaled the number of puffs that your doctor prescribed. Rinse your mouth thoroughly with water once you are done.

## What are dry powder inhalers?

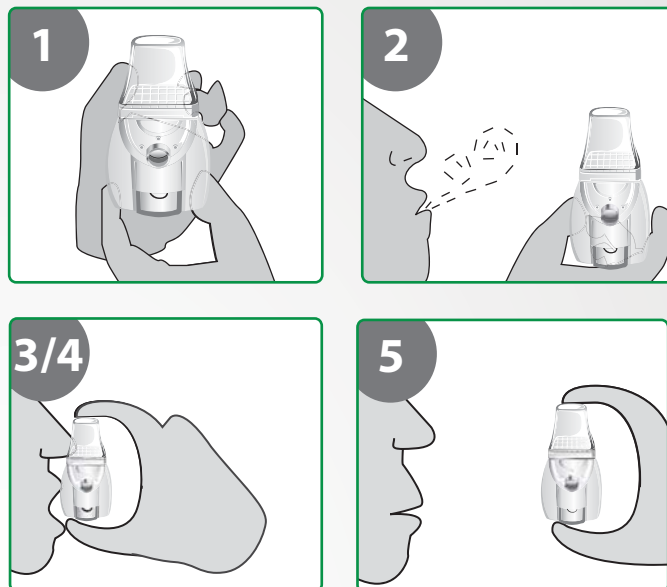
Dry powder inhalers (.DPIs) deliver medicine directly in the form of a powder. The inhaled powder passes through the mouth into the airways. Different designs of DPIs are available.<sup>2</sup>



## How to Use a DPI?<sup>2</sup>

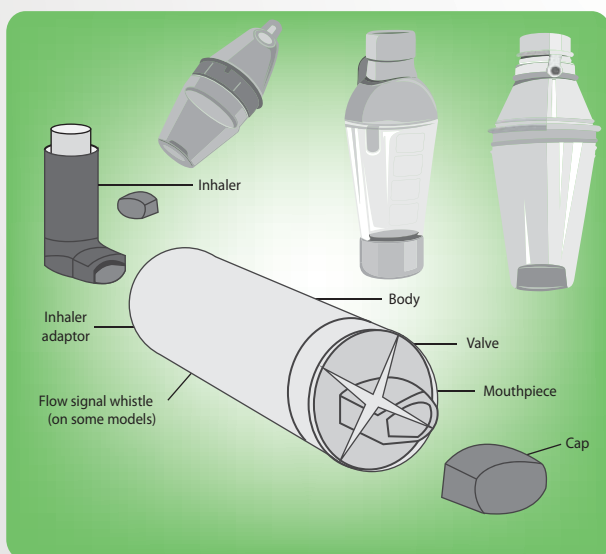
1. Your DPI may have a lever that you slide or a piece that you twist until you hear it click. Your DPI may also have an opening that you push medicine into.
2. Turn your head to your side: Exhale (breathe out) as much air as you can
3. Place the inhaler in your mouth, and close your lips tightly around the mouthpiece
4. Inhale deeply through your mouth. Breathe as deeply as you can. Do not breathe out into the inhaler.
5. Remove the DPI from your mouth and hold your breath for 10 seconds or longer. Slowly exhale.

Repeat these steps until you have taken the correct number of doses. Wait 1 minute between each dose.



## What are Spacers?

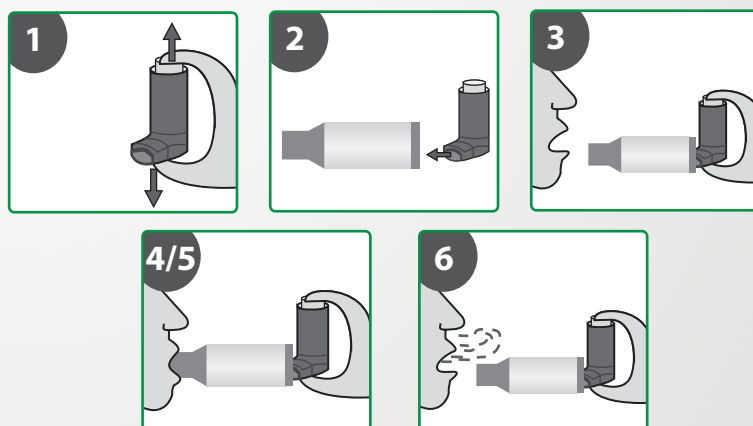
While using inhalers, a lot of medicine escapes into the air instead of going into the lungs. A spacer is a tube that is attached to the inhaler. It helps to direct the medicine from the inhaler, so that most of the dose is inhaled.<sup>3</sup>



## How to Use a Spacer?<sup>3</sup>

1. Shake the inhaler gently
2. Attach the inhaler to the spacer
3. Put the mouthpiece of the spacer into your mouth
4. Press the top of your inhaler once
5. Breathe in very slowly
6. Hold your breath for 5–10 seconds, then take the inhaler out of the mouth and slowly breathe out

Clean spacers at least once a week. Replace them after 6–12 months.



### References

1. Asthma and Allergy Foundation of America. Available at: <http://www.aafa.org/display.cfm?id=9&sub=16&cont=57>. Accessed on: 30 May 2013.
2. Asthma and Allergy Foundation of America. Available at: <http://www.aafatexas.org/docs/How%20to%20Use%20and%20Care%20for%20a%20Dry%20Powder%20Inhaler.pdf>. Accessed on: 30 May 2013.
3. Asthma and Allergy Foundation of America. Available at: <http://www.aafatexas.org/docs/Asthma%20Devices%20-%20Peak%20Flow%20Meters,%20Spacers%20and%20Nebulizers,%20an%20Overview.pdf>. Accessed on: 30 May 2013.