

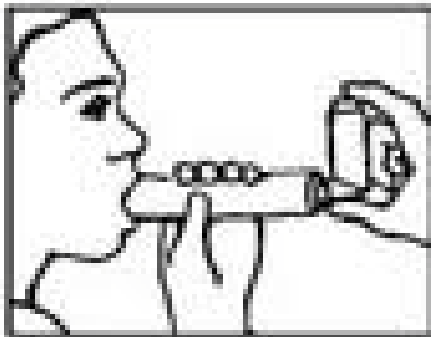
<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Your doctor has prescribed medication that you will breathe in (inhale) by using a metered-dose inhaler (MDI). An inhaler is a pressurized sprayer that delivers a measured amount of medication. Some inhalers come with a spacer (holding chamber), while other types do not. Be sure you know which type of inhaler you have. It's important to use it the right way; otherwise, less medication gets to your lungs.



### **MDI Without Spacer:**

- Remove the cap and shake the inhaler.
- Hold the inhaler two finger-widths (about 1 inch) in front of your mouth
- Breathe out all the way.
- As you breathe in deeply, press down on the inhaler to release the medication. Hold your breath for a count of 10. Then slowly breathe out.



### **MDI with Spacer:**

- Remove the caps from the inhaler and spacer and shake the inhaler.
- Breathe out. Put the spacer between your teeth and close your lips tightly around the spacer.
- Spray 1 puff into the spacer by pressing down on the inhaler. Then slowly breathe in as deeply as you can. (If you breathe in too quickly, you may hear a whistling sound in the spacer.)
- Take the spacer out of your mouth. Hold your breath for a count of 10. Then slowly breathe out.

*Adapted from Clinical Pathways for the Multidisciplinary Home Care Team Volume 2 and Krames On-Line*

---

### **IMPORTANT NOTICE**

Contact the on-call nurse at if you are experiencing any change in your current health condition.  
For ALL emergencies requiring IMMEDIATE medical attention, call 911.