How to Use Your Inhaler

1. Take the cap off the mouthpiece.
2. Take the mouthpiece off the bottle.
3. Put the bottle stem into the hole inside the mouthpiece. Shake the inhaler well before use.
4. Take a deep breath and hold it.
5. Turn the bottle upside down and hold it 2 fingers widths distance away from your mouth. Open your mouth widely and tilt your head back slightly. Let your breath out.
6. Take a deep breath slowly through your mouth. At the same time, push down on the bottle one time. You will feel the medicine enter your mouth and throat as you breathe.
7. Continue to take a deep breath in very slowly.
8. After you have breathed in completely, hold your breath for 5-10 seconds. This will help the medicine to settle in your lungs. If you cannot hold your breath for at least 5 seconds, hold it for as long as you can before you breathe out.
9. If your doctor has instructed you to take more than one puff, wait several minutes between puffs. This will help you get the best results from your medicine.
10. If you use a steroid inhaler, rinse out the inside of your mouth after each dose.
11. Wash your inhaler once a day. Remove the bottle from the mouthpiece. Rinse the mouthpiece and cap with warm water. Dry well before you put the inhaler back together.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas