

Metered-Dose Inhaler Technique

Generic MDI steps - device instructions may differ

Basic MDI sequence

- Remove cap and check the mouthpiece.
- Shake the inhaler if the product requires it.
- Breathe out gently away from the device.
- Seal lips around the mouthpiece.
- Start a slow deep breath and press the canister once while continuing to inhale slowly.
- Hold breath for about 10 seconds if comfortable, then breathe out gently.
- If another puff is prescribed, wait as directed and repeat.

A spacer can improve drug delivery for many pressurized MDIs. Ask for a demonstration because dry-powder inhalers use a different technique.

After corticosteroid inhalers

- Rinse the mouth and spit out the water unless your clinician/device instructions say otherwise.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.