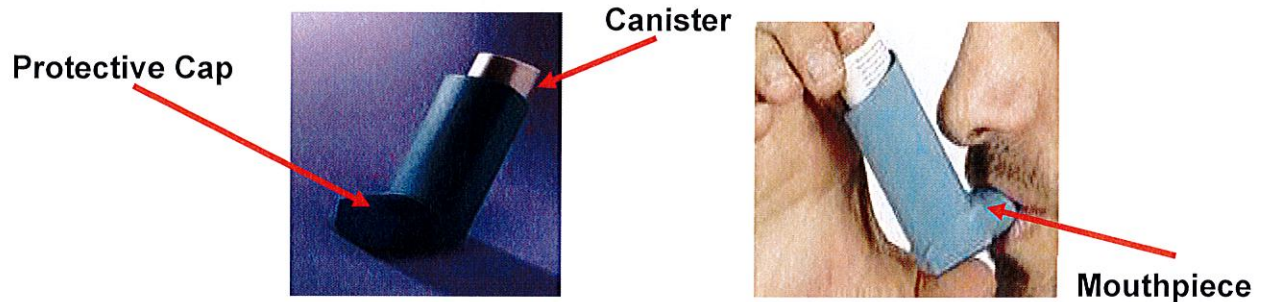


Patient Information

How to use a Metered Dose Inhaler (MDI)



"Shake"

1. Remove the **protective cap** from the mouthpiece of the inhaler before use
2. **Shake the inhaler** for a few seconds (to mix the contents of the inhaler)

"Breathe"

3. **Breathe out** gently away from the inhaler (to make room in your lungs to breathe in deeply)
4. Put the mouthpiece in your mouth between the teeth and lips and **form a seal** (to prevent the drug escaping)
5. Start to take a slow deep breath in through your mouth, then press the canister down **ONCE only** while continuing to **breathe in slowly and deeply** to fill your lungs

"Hold Breath"

6. **Hold your breath** for up to 10 seconds (to allow the drug to settle in your lungs), and then breathe out slowly
7. Wait for 30-60 seconds before repeating steps 2 – 6 if you require a second dose
8. Replace the protective cap

Breathe in slowly!

To see a demonstration on correct inhaler technique visit

<http://www.asthma.org.uk/knowledge-bank-treatment-and-medicines-using-your-inhalers>

**Always rinse your mouth, gargle and spit out after using steroid inhalers
(E.g. Beclometasone, Budesonide, Fluticasone (Fostair, Symbicort, Seretide))
Follow the information sheet supplied on how to look after your inhaler.**