

INFORMATION FOR PATIENTS

How to use a metered dose inhaler

This leaflet will inform you how to use a metered dose inhaler (MDI)

Always read the patient information leaflet which comes with this inhaled medication.



This is a metered dose inhaler. These come in different colours indicating different medicines.

If your inhaler contains a steroid medication, remember to rinse your mouth afterwards to prevent soreness.

The benefit of using your inhaler correctly is that your asthma or chronic obstructive pulmonary disease (COPD) will be controlled more effectively.

Incorrect use of your inhaler may result in reduced control.

To effectively use your metered dose inhaler, follow this step-by-step guide:

1. Use only as prescribed.
2. Shake the inhaler.
3. Remove the cap.
4. Breathe out gently.
5. Put the mouthpiece in the mouth.
6. Start to breathe in slowly, then press the canister down and continue to breathe in steadily.
7. Hold the breath for ten seconds, or as long as possible, and then breathe out slowly.
8. Wait for a few seconds before repeating steps 2-7.
9. Replace cap.

How to clean the metered-dose inhaler

This is a CFC-free canister holder. The spray outlet hole can block easily so please check the manufacturer's instructions to see whether your metered dose inhalers canister can be washed.

How to store the metered dose inhalers:

- Store in a safe place away from young children.
- Store away from extremes of temperature.
- Do not freeze.

Replacement of metered dose inhalers:

- Not all MDIs have the same number of doses.
- Always check the expiry date on the canister.
- Do not use after the expiry date.
- Do not puncture, break or burn the canister even when empty.
- Most MDIs do not have a dose counter; this makes it difficult to tell when it is empty. One way of checking that the device is becoming empty is when you shake the inhaler at the beginning; you will start to notice it feeling lighter as the fluid level inside drops.
- The Salmeterol/Fluticasone combination (Seretide) has a dose counter. This counts down from 120 doses.

Contact details

Respiratory Specialist Nurses
Respiratory Department
Level 4
Kings Mill Hospital
Sutton-in-Ashfield
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NG17 4JL

Telephone: 01623 622515, extension 6831, 3541 or 6324, Monday to Friday between 9am–5pm.

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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