

How to use a metered dose inhaler

1. Remove cap and shake inhaler
2. Breathe out gently
3. Put mouthpiece in mouth between the teeth and close lips, press canister down and inhale deeply
4. Hold breath for 10 seconds, or as long as possible, then breathe out
5. Wait for 30-60 seconds before repeating steps 2-4 for a second dose



Demonstrate your inhaler technique to your GP, nurse, pharmacist or clinical specialist at every opportunity