

UNIVERSITY STUDENT HEALTH SERVICES • Fact Sheet

HOW TO USE AN INHALER

1. Remove the cap, and hold the inhaler upright.
 2. Shake the inhaler.
 3. Tilt your head back slightly, and breathe out gently.
 4. Position the inhaler in one of the following ways:
 - A. Open mouth with the inhaler 1-2" away.
 - B. With a spacer.
 - C. In the mouth.
- (A or B is the most effective, but C is okay for people who are unable to use A or B.)
5. With the inhaler in position, begin to breathe in slowly and deeply. At the same time, depress the canister to release the medication.
 6. Continue to breathe in slowly for 3-5 seconds.
 7. Then hold your breath for 10 seconds if possible. This will allow the medicine to go deep into your lungs. Breathe out slowly.
 8. Repeat puffs as directed. Ideally, wait 1 minute between puffs to allow the second puff to get into the lungs better.
 9. Replace the cap.

* Always prime your inhaler before the first use and if it has been a long time since its last use.

