



# medfacts

AN EDUCATIONAL HEALTH SERIES FROM NATIONAL JEWISH HEALTH™

## Inhaled Medication With A Metered Dose Inhaler

Many medications are available as inhaled treatments. Inhaled methods deliver medication directly to the airway, which is helpful for lung diseases. The patient and health care provider can choose from a variety of delivery systems for inhaling medication.

The metered dose inhaler (MDI) consists of a pressurized canister of medication in a plastic case with a mouthpiece. Pressing the MDI releases a mist of medication. When inhaled correctly, the medication has a better chance to reach the small airways. This increases the medication's effectiveness. Its portable size, efficiency and convenience make the MDI a desirable method for inhalation treatment.

**The following steps outline the best method to take an MDI without using a spacer attachment.**

1. Remove the cap from the inhaler.
2. Hold the inhaler with the mouthpiece at the bottom.
3. Shake the inhaler. **This mixes the medication properly.**
4. Hold the mouthpiece 1½ - 2 inches (2 - 3 finger widths) in front of your mouth. **This improves medication delivery by slowing mist delivery and only allowing small particles to be inhaled.**
5. Tilt your head back slightly and open your mouth wide.
6. Gently breathe out.
7. Press the inhaler and at the same time begin a slow, deep breath.
8. Continue to breathe in slowly and deeply over 3 - 5 seconds. **Breathing slowly delivers the medication deeply into the airways.**
9. Hold your breath for up to ten seconds. **This allows the medication time to deposit in the airways.**
10. Resume normal breathing.
11. Repeat steps 3 - 10 when more than one puff is prescribed.

Check the package insert for cleaning instructions and other specific instructions for the metered dose inhaler you are using.

**Note:** This information is provided to you as an educational service of LUNG LINE® (1-800-222-LUNG). It is not meant to be a substitute for consulting with your own physician.

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