How to Use Your Inhaler

1. Take the cap off the mouthpiece.

2. Shake the inhaler for 5 seconds.

3. Turn the inhaler so the bottle is above the mouthpiece. Hold it away from your mouth, at a distance of the width of 2 fingers.

4. Open your mouth widely, and tilt your head back slightly. Let your breath out.

5. Take a deep breath in slowly through your mouth. **At the same time**, push down on the bottle 1 time. You will feel the medicine enter your mouth and throat as you breathe.

6. Continue to take a deep breath in very slowly.

7. After you have breathed in completely, hold your breath for 5 to 10 seconds. This will help the medicine to settle in your lungs. If you cannot hold your breath for at least 5 seconds, hold it for as long as you can before you breathe out.

8. If your doctor has told you to take more than one puff, wait at least 1 minute between puffs. This will help you get the best results from your medicine.

9. If you use a steroid inhaler, rinse out your mouth after each dose.

10. Wash your inhaler once a day. Remove the bottle from the mouthpiece. Rinse the mouthpiece and cap with warm water. Dry everything well before you put the inhaler back together.

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