

Cleaning of the MDI

Wash the inhaler at least once a week to prevent blockage of the inhaler.

1. Remove the canister and cap from the plastic casing.
2. Place the canister aside to avoid contact with water.
3. Rinse the plastic casing thoroughly under running warm water.
4. Let plastic casing completely air dry.
5. Place the canister and cap back to the plastic casing.
6. Test by releasing a puff into the air before recapping.



Blocked



Normal



Rinse under running warm water



Precautions

1. Do not share your medication with others.
2. Make sure you track the number of doses used to find out when you need to replace your inhaler.
3. If the inhaler is for prolonged use, make sure there are enough doses left in the inhaler.
4. Promptly inform your doctor if you experience any unusual discomfort.

This guidance is for reference only .

You should always follow your doctor's instructions.
Check with your doctor or pharmacist if you have any questions.

Do not share your medications with other people.

如有任何查詢，歡迎聯絡我們
For enquiry, please feel free to contact us

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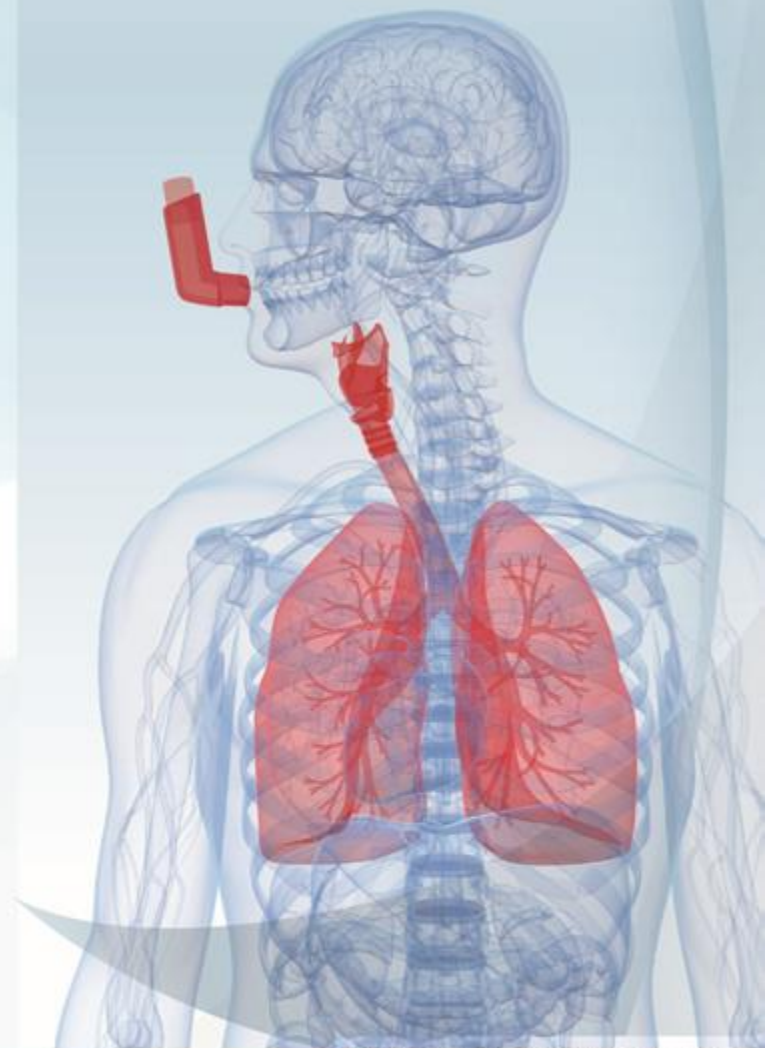
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聖保祿醫院
St. Paul's Hospital

How to use Metered-Dose Inhaler

藥劑部
Pharmacy



齊服務 展關懷 WE SERVE & WE CARE

Proper use of Metered-Dose Inhaler (MDI)

To effectively control your airway disease, an inhaler must be used appropriately.

Priming is required for the first time or if it has not been used for more than 1 to 2 weeks:

- (A) Shake the inhaler and remove the cap of mouthpiece.
- (B) Check the dose counter (if applicable).
- (C) Press the canister twice into the air.

*Priming method may vary among inhalers, refer to the instructions from the manufacturer.

- 1 Stand or sit upright.
- 2 Shake the inhaler.
- 3 Remove the cap of the mouthpiece and hold the inhaler upright.



- 4 Breathe out gently away from the inhaler.



- 5 Place the mouthpiece between the upper and lower teeth, seal your lips to cover the mouthpiece.



- 6 While you are breathing in slowly and deeply, press down your inhaler once to release the medication.



- 7 Remove the inhaler.



- 8 Hold your breath for 10 seconds to make sure the medication reaches your lungs.



- 9 Slowly breathe out through your mouth.

*If more than one dose is required, wait for half a minute and repeat steps (4) to (9).

- 10 Wipe the mouthpiece of the inhaler with a clean tissue then recap the mouthpiece.

- 11 If your inhaler contains steroid, rinse your mouth with water and spit out after use to reduce side effects caused by residual medication in the mouth.