

Instruction of Metered Dose Inhaler

1. Shake the inhaler well before use (3 or 4 shakes).
 2. Remove the cap.
 3. Check mouthpiece is clean and dry, and then insert spacer into the mouthpiece.
 4. Breathe out, away from your inhaler.
 5. Bring the inhaler to your mouth and close your lips around the mouthpiece, keeping your tongue below it.
 6. Press down on the top of the inhaler while breathing in deeply and slowly about 3-4 seconds.
 7. When you remove the spacer of the inhaler from your mouth, hold your breath for about 5-10 seconds.
 8. Breathe out slowly. (If you need a second puff, wait 30 seconds, shake your inhaler again, and repeat steps 4-8)
 9. Put the cap back on.
 10. Rinse your mouth with water and spit it out. Do not swallow.
- ✕ Patients should record the date of the first time using inhaler. Before finish the final dose, please come back to hospital.



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