



About your Pressured Metered Dose Inhalers (pMDIs)

It is important you use the inhaler correctly to make sure you have the full dose of the medication you need. Ideally you should use a spacer device whenever possible as this increases the amount of drug that reaches the lungs.

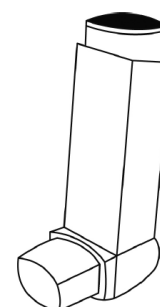
How does it work?

The Pressured Metered Dose Inhaler (pMDI) is used to provide a certain dose of medication to the airways in an aerosol form. Regardless of the colour of your inhaler, if it contains steroids then please rinse, gargle and spit out with water afterward, do not swallow. As you may develop a sore mouth/oral thrush or a husky voice. The medication works by opening up your airways, and if inhaled steroids are also being delivered these will reduce airway inflammation.



How do I use it? (with a spacer)

- This is the most effective way to use your inhaler.
- Shake well and remove cap. Place inhaler in spacer.
- Press down the top of the canister until the drug is released.
- Slowly breath out.
- Place mouthpiece between your lips, and with a good lip seal,
- Either – Gently breath in slowly all the way and hold your breath for a maximum of 10 seconds.
- Or – use the tidal breathing technique which is breathing slowly and steadily in and out through the spacer without removing it from your lips 5 times, again hold your breath for a maximum of 10 seconds on the last breath in.
- Leave at least 30 to 60 seconds between each puff, then repeat the above steps for your second puff.
- If you hear a whistling sound, slow your breathing down so your spacer does not whistle.



How do I use it? (without a spacer)

1. Shake well and remove cap.
2. Take a slow breath out.
3. Place inhaler mouthpiece between lips and make a firm seal.
4. Press top of canister down firmly whilst taking a long slow breath in.
5. Once you have breathed in fully, hold your breath for a maximum 10 seconds, take the inhaler out of your mouth, and then breathe out.

Repeat the above process as your prescription indicates. Make sure you shake your inhaler each time.

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Information for Patients

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.