

How to Use a Metered Dose Inhaler (MDI)

Below are directions on how to use a metered dose inhaler (also called an MDI). The preferred way to use an MDI is to use it with a spacer. If your child does not have a spacer, ask the care team.

HOW TO USE AN MDI

1. Remove the cap from the **metered dose inhaler (MDI)**.



2. Check the mouthpiece to make sure it is clear from loose or foreign objects.



3. Shake the MDI for 5 seconds.



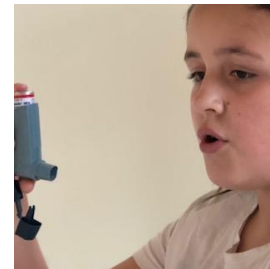
4. Hold the MDI firmly by placing your index (first) finger on top of the canister and your thumb on the bottom of the MDI.



5. Have your child stand or sit up straight.



6. Have your child breathe out normally with their mouth away from the MDI.



7. Place the mouthpiece on the MDI between your child's lips. Have your child create a tight seal with their lips around the MDI.



8. Have your child breathe in deeply and slowly while you press the canister on the MDI.



9. Remove the MDI from your child's mouth. Have your child hold their breath for 8-10 seconds.



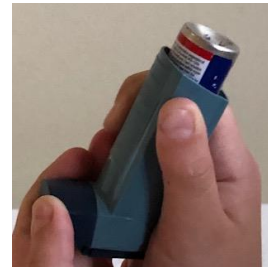
10. Have your child breathe out normally.



11. Repeat steps 3-10 for each additional puff. Wait 30 seconds to 1 minute between puffs.



12. Recap the mouthpiece.



How to prime an MDI

The MDI needs to be primed if:

- The MDI is new
- Your child has not used their MDI in 2 weeks or more
- When you clean the MDI

Here is how to prime the MDI:

1. Shake the MDI for 5 seconds.
2. With the MDI pointed away from you and others' faces, press down on the canister to release a puff of the medication.
3. Wait 30 seconds to 1 minute. Repeat steps 1 and 2 once more before use. The number of puffs depends on the type of MDI.

Rev. 4/2019. MassGeneral Hospital for Children and Massachusetts General Hospital do not endorse any of the brands listed on this handout. This handout is intended to provide health information so that you can be better informed. It is not a substitute for medical advice and should not be used to treatment of any medical conditions.

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