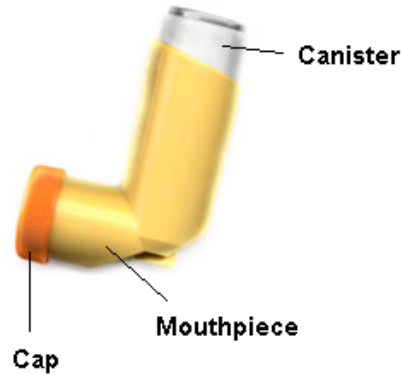


# USING YOUR ALBUTEROL INHALER



## Metered-dose inhalers usually come in 3 pieces:

- Canister containing the medication
- Mouthpiece
- Cap that goes over the mouthpiece



## How to use the inhaler:

- Remove the cap and hold the inhaler upright
- Shake the inhaler
- Hold the inhaler 1-2 inches from the front of your mouth
- Breathe out to empty your lungs
- Place the inhaler mouthpiece in your mouth
- Breathe in slowly through your mouth and then press down on the inhaler once. (If you are using a spacer, press down on the inhaler first and then breathe in slowly).
- Continue breathing in slowly for 3-5 seconds, as deeply as you can.
- Hold your breath for 10 seconds to allow the medicine to reach deep into your lungs.
- Wait about 1 minute to allow the second puff to get into your lungs better
- Take second puff as directed

- Rinse out your mouth afterward, to help reduce side effects

## How to clean the inhaler:

- If there is residue around the hole where the medicine sprays out, you need to clean the inhaler
- Remove the metal canister from the plastic mouthpiece
- Rinse only the mouthpiece and cap warm water and let them dry overnight. Replace canister once dry
- Store the inhaler at room temperature for best results

## Some side effects that you may experience:

- Nervousness
- Fast heartbeat
- Dizziness
- Throat irritation
- Bad taste



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