

# Using Your MDI— Closed-Mouth Technique

## Patient Education Guide

AMERICAN COLLEGE OF  
**CHEST**  
P H Y S I C I A N S

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To make your breathing better, you **MUST** take your medicine as explained below. Following these instructions puts more of the medicine into your lungs. This will open up your air passages and help you breathe easier and feel better. You need to ask your health-care provider or pharmacist how many puffs of medicine your metered-dose inhaler (MDI) has when it is full. You need to keep track of how many puffs of medicine you take every day, so you can have your MDI refilled before you run out of medicine. Before using your MDI, please read the priming or preparing instructions. Your MDI should be cleaned once a week. See the instructions on cleaning your MDI.



1 Take cap off MDI. Check for and remove any dust, lint, or other objects. Shake MDI well.



2 Sit up straight or stand up.



3 Breathe out all the way.



4 Tilt MDI up slightly. Put MDI in your mouth, between your teeth, tongue flat under the mouthpiece, with lips sealed.



5 As you begin to **BREATHE IN SLOWLY, PRESS DOWN ON THE MDI**, as shown in this picture. Keep breathing in until your lungs are completely full.



6 **HOLD** your breath for 10 seconds. If you cannot hold your breath for 10 seconds, hold your breath as long as you can.



7 If you need to take another puff of medicine, wait 1 minute. After 1 minute, repeat steps 2-6.



8 Rinse your mouth out after you take your last puff of medicine. Make sure you spit the water out; do not swallow it. *Rinsing is only necessary if the medicine you just took was a corticosteroid, such as Flovent®, Beclovent®, Vanceril®, Aerobid®, or Azmacort®.*



9 Recap the MDI.

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