



# Puffer: pressure

## Metered Dose Inhaler (pMDI)

### Priming a pMDI

When using a puffer for the first time, or if you haven't used it in more than 7 days, shake the inhaler well for 5 seconds, and then release a test spray. Shake it again for 5 seconds and release a second test spray. When a pMDI is used for the first time, write the start date on the canister. Check the expiry date before use.

### Steps for using a pMDI

1. Remove cap
2. Hold the inhaler upright and shake
3. Breathe out gently, away from the device
4. Place lips around the mouthpiece without biting and form a good seal
5. Start to breathe in slowly and at the same time, press down firmly on the canister to release one dose
6. Continue to breathe in slowly and deeply
7. Hold breath for 5-10 seconds, or as long as comfortable
8. Breathe out gently, away from the device
9. If an extra dose is required, repeat steps
10. Wipe the mouthpiece with a dry tissue and replace cap



### When is a pMDI empty?

A purple pMDI is empty when the dose indicator on the back reaches zero.

The red Rapihaler® is empty when the dose indicator on the top reaches zero.



For other pMDIs, it is more difficult to know when they are empty. If the pMDI is approaching empty, the amount of spray will be reduced and slower to come out.

The canister in a pMDI indicates how many puffs of medicine it contains. If using a pMDI for regular medicine, the number of puffs used daily can help to calculate how long the medicine will last before it is empty.

## How do I clean and store a pMDI?

For the purple puffer and red Rapihaler® wipe weekly with a clean, dry tissue. Do not wash any part of the puffer or get it wet.

The blue puffers should be washed as follows:

- Remove the metal canister (do not wash the metal canister)
- Wash the plastic casing and cap with running warm water through the top and bottom for at least 30 seconds.
- Shake off excess water and allow to completely air dry.



Store in a dry place below 30°C, away from direct heat or sunlight. If it gets cold it may not work but can be warmed with your hands.

**Check the expiry date and ask your pharmacist about disposal of medicines.**

Note: Refer to manufacturer's instructions for additional information on this inhaler device.