

# Pressurised metered dose inhaler (pMDI) puffer

## Steps for priming a pMDI

Before using your inhaler for the first time, you need to prime it. You also need to prime it if you haven't used it for 7 days.

1. Shake the inhaler well 4 or 5 times.
2. Remove the mouthpiece cap.
3. Point the inhaler away from you.
4. Press down on the top to release a test puff.
5. The number of test sprays you need to do depends on the type of inhaler you have, so make sure to check the instructions.



## Steps for using a pMDI

1. If the inhaler has a dose counter, check to make sure the inhaler isn't empty.
2. Hold the inhaler upright and shake it 4 to 5 times. Don't tip the inhaler upside down.
3. Remove cap.
4. Breathe out gently, away from the inhaler.
5. Place lips around the mouthpiece without biting and form a good seal.
6. While taking a slow, steady breath in, press down firmly on the canister to release one puff.
7. Continue to breathe in slowly and steadily for 4 to 5 seconds.
8. Take the inhaler out of your mouth and hold breath for 5-10 seconds, or as long as comfortable.
9. Breathe out gently, away from the inhaler.
10. If your doctor has told you to take a second puff, wait 30 seconds and repeat steps 2 to 9.
11. Wipe the mouthpiece with a dry tissue.
12. Replace the cap.

## When is a pMDI empty?

Some inhalers have a dose counter that shows how many puffs are left.

Other puffers (pMDIs) don't have a counter, so it can be harder to tell when they're nearly empty. If the puffer is running low, the spray may come out more slowly or feel weaker.

The metal canister inside the puffer shows how many puffs it contains in total. If you

use your puffer every day, you can keep track of how many puffs you take to help work out when it will run out.

### **How do I clean and store a pMDI?**

**For reliever puffers (blue with dark blue cap, or white with a green cap),** follow these steps to wash them:

- Take out the metal canister (do not wash the canister).
- Rinse the plastic casing and cap under warm running water for at least 30 seconds.
- Shake off any extra water and let the parts air dry completely before putting them back together.

**For the preventer puffers (grey with a maroon cap),** wipe the mouthpiece using a clean, dry tissue at least once a week (see **step 11**).

### **Do not wash the metal canisters or let them get wet.**

Keep in a cool dry place below 25°C, away from moisture, heat or sunlight. Do not store it in the bathroom, near a sink or a window, or in the car.

**Check the expiration date on your medicine.** When a pMDI is used for the first time, write the start date on the canister. Ask your pharmacist how to safely get rid of any medicine you don't need.

**If you have any questions about using this inhaler, talk to your doctor, nurse or pharmacist.** Your inhaler will come with instructions. Always read these instructions for important information on how to use it.