

How to use a metered dose inhaler

1. Remove cap and shake inhaler
2. Breathe out gently
3. Put mouthpiece in mouth and at start of inspiration, which should be slow and deep, press canister down and continue to inhale deeply
4. Hold breath for 10 seconds, or as long as possible then breathe out slowly.
5. Wait for a few seconds before repeating steps 2-4

