

# Metered Dose Inhaler - MDI

## What is an MDI?

A metered dose inhaler, MDI is a device that delivers medication to the lungs. Each spray or puff delivers a small amount of medication to the lungs.

Priming is needed to make sure the MDI fills with the right amount of medication. You will need to prime your child's MDI the first time it is used, and if has not been used for several days.

## Priming the MDI:

- Remove cap of the MDI.
- Shake the inhaler.
- Spray in the air away from you.
- The instructions that come with the MDI will tell you how times it must be primed. Different inhalers have different priming instructions.

## Using an MDI without a chamber:

- Make sure the metal canister is inserted into the plastic holder.
- Remove the cap on the inhaler and hold it up right.
- Shake the inhaler to mix the medicine before use.
- Have your child breath out to the end of a normal breath.
- Have your child tilt their head slightly back and place the mouthpiece in their mouth, and close lips.
- Press down on the inhaler as your child slowly breaths in through their mouth
- Have your child hold their breath in for 5 seconds to allow the medicine to spread in the lungs, then breathe out slowly through nose.
- Wait at least one minute between puffs.
- Repeat the steps for all puffs ordered by your doctor.



## How to tell when the MDI is out of medicine:

- Most MDIs have a dose counter that shows the number of medication doses remaining in the MDI.