

HOW TO USE THE METERED DOSE INHALER

1. Remove the cap.
2. Shake well.
3. Have the child breathe out as completely as possible.
4. Bring the inhaler to the child's mouth, with the mouthpiece between the teeth and lips closed around it.
5. Push down on the canister once as the child has starts to breathe in through the mouth, deeply and slowly.
6. Have the child hold breath for 10 seconds or as long as comfortable and then breathe out.
7. Replace the cap.

If a second dose is prescribed, repeat steps 2-6, waiting one minute between each dose.

