

## PHARMACY

Drug Information

### Metered Dose Inhalers (MDIs)



#### What are Metered Dose Inhalers (MDIs)?

- Metered Dose Inhalers (MDIs) are inhaler devices that help deliver a specific amount of medication to your lungs.
- They are commonly used to treat asthma and chronic obstructive pulmonary disease (COPD).

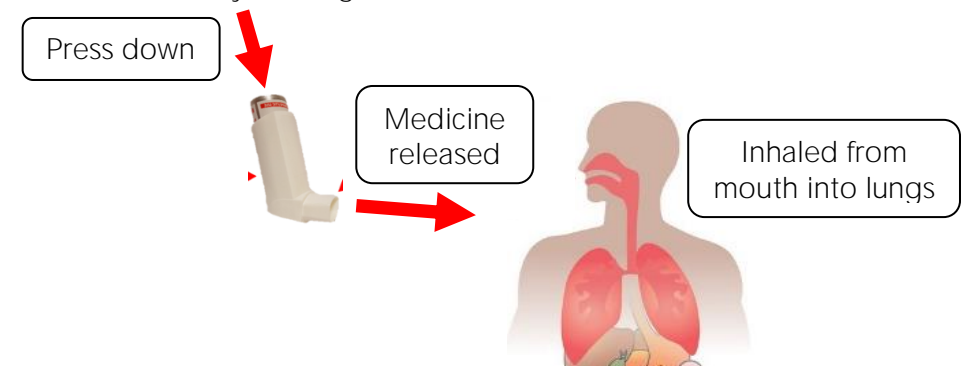


#### Why is it Important to Use MDIs Correctly?

- It is important to use a MDI correctly to get the full dosage and benefits of the medicine.
- This allows the medicine to have a higher chance of reaching the small airways, which increases the effectiveness of the medicine and reduce side effects.

#### How do MDIs Work?

- MDIs consist of a pressurized canister of medication and a mouthpiece.
- Pressing down the canister releases a mist of medication that you breathe into your lungs.



## How do You Use a MDI?

### A. Preparation



1. Ensure you are in an upright position.
2. Check dose counter (if available). Remove cap, hold inhaler upright and shake well.



3. Hold the upright inhaler away from your mouth.  
Breathe out, as much as possible, away from the device.

### B. Inhalation



4. Seal your lips around the mouthpiece. Do not bite on the mouthpiece.



5. Start to breathe in slowly and at the same time, press down the canister once.

Continue to breathe in deeply and steadily.



6. Remove inhaler from your mouth and hold your breath for 10 seconds.
7. Breathe out gently.
8. If you need a second puff, repeat Steps 3 – 7.
9. Clean the mouth piece with dry tissue and replace the cap.

### What Should You Avoid Doing When Using MDIs?

1. Holding the inhaler upside down
2. Pressing the inhaler more than once at a time
3. Pressing the inhaler too EARLY/ LATE
4. Opening your mouth when the jet of inhaled medicine hits the back of your throat
5. NOT inhaling deeply and long enough
6. NOT holding your breath long enough

The last four problems can be solved with the use of devices such as spacers. Consult your doctor or pharmacist if you encounter any of these problems.

### How do You Clean the MDIs?

- For MDIs without dose counter
  1. Remove the canister
  2. Wash the plastic case in warm soapy water once a week
  3. Rinse thoroughly, air-dry the plastic case
  4. Re-assemble the canister
  5. Replace the cap.
- Do not wash MDIs with dose counter.

## How do You Know if the MDI is Empty?

- It is important to keep track of the amount of medicine that you have used so that you can replace your MDI before it runs out. One way is to write the refill date on the canister itself. Follow the steps below:

<b>Step 1:</b> Determine the number of puffs in a new canister	<b>Step 2:</b> Calculate the total number of puffs used in 1 day	<b>Step 3:</b> Calculate how many days a new canister can last
If your brand-new canister contains <b>200</b> puffs	If you are using Morning: 2 puffs Afternoon: 2 puffs Night: 2 puffs Total <b>6</b> puffs in a day	Take the number in Step 1 and divide by the number in Step 2  $200 \div 6 = 33$ days
<b>200 puffs ÷ 6 puffs in a day = Can last for 33 days</b>		

- For MDIs that come with a dose counter, you should use a new MDI when the counter becomes ZERO on the old inhaler.

## How do You Store MDIs?

- Store your medication in a cool, dry place away from heat, moisture and direct sunlight.

If you have any problem with your treatment, please contact your doctor, pharmacist or nurse clinician.

Please keep all medications out of reach of children.



How to Use Metered Dose Inhaler (MDI)



How to Use Metered Dose Inhaler (MDI) with Spacer

Scan the QR Codes above with your smart phone to access the videos on our TTSH YouTube Channel.

