


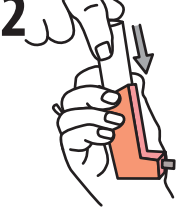
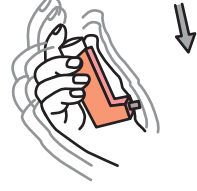
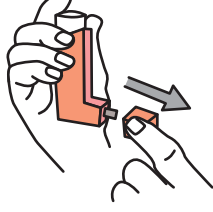
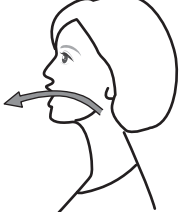



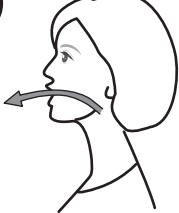

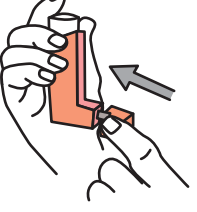
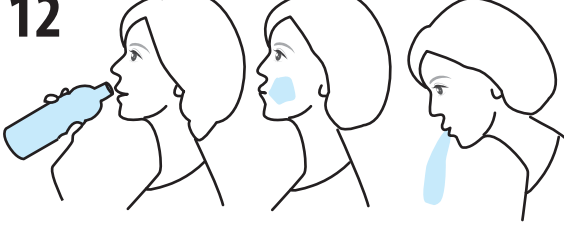
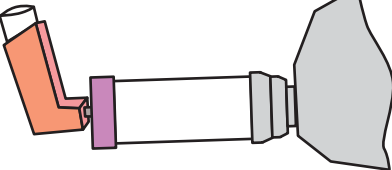



# PRESCRIPTION \_\_\_\_\_

## Metered Dose Inhaler (MDI) without a Mouthpiece Spacer/Chamber

Patient Name: \_\_\_\_\_

Dosage (number of puffs): \_\_\_\_\_

Number of times each day: \_\_\_\_\_

<p><b>1</b></p>  <p>Wash hands with soap and water</p>	<p><b>2</b></p>  <p>Insert MDI metal canister into plastic "boot" holder</p>	<p><b>3</b></p>  <p>③ Remove both mouthpiece and spacer caps</p>	<p><b>4</b></p>  <p>Remove cap from mouthpiece</p>	<p><b>5</b></p>  <p>Breathe out to the end of a normal breath</p>
<p><b>6</b></p>  <p>③ Hold inhaler upright ③ Put mouthpiece in mouth ③ Past teeth and above tongue ③ Close lips around mouthpiece</p>	<p><b>7</b></p>  <p>Fully press down ONCE on canister top while breathing in SLOWLY and DEEPLY through mouth</p>	<p><b>8</b></p>  <p>Hold breath for 5 to 10 seconds</p>	<p><b>9</b></p>  <p>Breathe out slowly</p>	
<p><b>10</b></p>  <p>③ Wait 15 to 30 seconds before taking another puff ③ Then repeat steps 5-9</p>	<p><b>11</b></p>  <p>③ Replace cap on mouthpiece and spacer ③ Wipe mouthpiece clean</p>	<p><b>12</b></p>  <p>If inhaling a STEROID, rinse mouth with water, swish, gargle and spit</p>		
<p><b>13</b></p>  <p>Ask your healthcare provider for help if you need to use a facemask spacer.</p>		<div style="display: flex; justify-content: space-around; align-items: center;">    </div> <p>For additional information on COPD, visit the 2021 VA/DoD Clinical Practice Guideline for Management of COPD at <a href="https://www.healthquality.va.gov/guidelines/cd/copd">https://www.healthquality.va.gov/guidelines/cd/copd</a></p> <p>To view videos on how to use your MDI, visit the link here: <a href="https://www.youtube.com/watch?v=yQiGzELcMg4">https://www.youtube.com/watch?v=yQiGzELcMg4</a></p>		

**Important:** Store the canisters in a cool dry place. Not in a car where the heat can make it not usable. Read package inserts.