



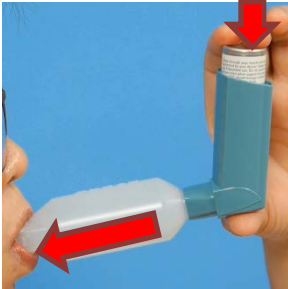
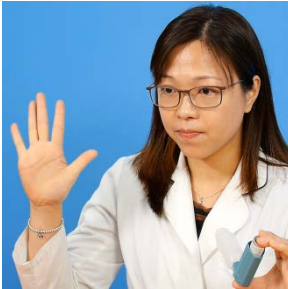


# How to use an MDI (metered dose inhaler)

	<h2>1/ Opening</h2> <p>Remove the inhaler cap.</p>  <p>Film</p>
	<h2>2/ Connecting</h2> <p>Connect the extension tube.</p>
	<h2>3/ Shaking</h2> <p>Hold the inhaler upright and shake it up and down 5 to 10 times.</p>
	<h2>4/ Inhaling</h2> <p>Exhale fully then place the mouthpiece between your teeth without biting and form a good seal around it with your lips. → Breathe in through your mouth and press the canister down at the same time to release a puff of medicine. → Continue to breathe in slowly and deeply for 3-5 seconds.</p>
	<h2>5/ Holding the breath</h2> <p>Hold your breath for at least 5 to 10 seconds then breathe normally. If an extra dose is needed, wait for 30-60 seconds then repeat steps 3 to 5.</p>