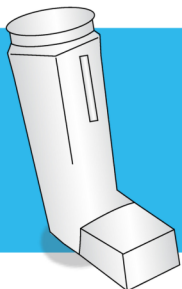
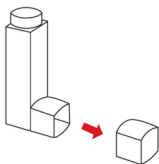


## Singapore National Asthma Programme (SNAP)



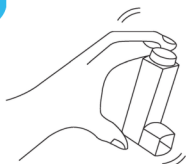
# HOW TO USE THE METERED DOSE INHALER (DIRECT CLOSED MOUTH TECHNIQUE)

1



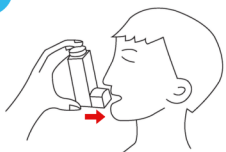
- Remove the protective cap from the inhaler mouthpiece.

2



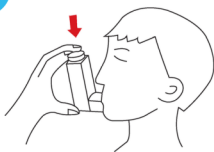
- Shake the inhaler about 3-5 seconds.
- Breathe out gently, away from the inhaler.

3



- Hold the inhaler upright. Put the mouthpiece in your mouth and seal tightly with your lips.

4



- Press down the canister **ONCE** to release a dose while continuing to breathe in slowly and deeply.
- Remove the inhaler and hold your breath for about 10 seconds or as long as possible, then breathe out slowly.
- For another dose, repeat steps 1-4 after one minute.

### IMPORTANT TO NOTE:

The use of metered dose inhaler with a spacer device is preferred. Please consult your doctor or nurse before using the metered dose inhaler directly without a spacer device.

**ALWAYS ASK YOUR DOCTOR OR NURSE FOR A DEMONSTRATION**

For videos on inhaler technique by language,  
please scan the QR codes below:



English



Mandarin  
华语



Malay  
Bahasa Melayu



Tamil  
தமிழ்



The Singapore National Asthma Programme (SNAP)  
was set up by the Ministry of Health in 2001 to  
reduce the burden of asthma in Singapore.

This technique card is produced by SNAP to provide  
instructions on correct inhaler use.