

Priming and Cleaning Your MDI and Spacer

Patient Education Guide

Priming Your Metered-Dose Inhaler (MDI)

Preparing your MDI will need to be done for every new MDI before it is used or if it has been a long time since you last used your MDI. There are two types of MDIs. You need to ask your health-care provider or pharmacist if your MDI is a HFA or a CFC. The type of MDI you have will dictate how you prepare your MDI before use.

HFA MDIs: If your MDI is new or has not been used in 2 weeks shake, the MDI very well then press down on the MDI four times wasting four puffs into the air. After this is done, you are ready to take your medicine. Follow the instructions below to learn how to take your medicine the correct way. See instructions on using your MDI (separate handout).

CFC MDIs: If your MDI is new or has not been used in 12 hours, shake the MDI very well, then press down on the MDI once, wasting one puff of medicine into the air. After this is done, you are ready to take your medicine. Follow the instructions below to learn how to take your medicine the correct way. See instructions on using your MDI (separate handout).

Cleaning Your MDI



Take metal canister out of plastic container.



Rinse plastic container with warm water at least once a week.



Let plastic container air dry.



Replace metal canister in plastic container.

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Cleaning Your Spacer



1 Remove rubber end where MDI fits.



2 Fill a sink or deep bowl with warm water. Add one drop of liquid detergent.



3 Place both pieces in the warm soapy water, and gently shake both pieces back and forth.



4 Rinse only the mouthpiece in running water.



5 Shake to remove the water.



6 Let air dry in vertical position. Do not dry with towels.

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Put rubber end back on spacer when completely dry.

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