

Priming and Cleaning Your MDI

Patient Education Guide

AMERICAN COLLEGE OF
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PHYSICIANS

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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. See instructions on using your MDI (separate sheet).

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. See instructions on using your MDI (separate sheet).

Cleaning Your MDI



1 Take metal canister out of plastic container.



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



3 Let plastic container air dry.



4 Replace metal canister in plastic container.

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