



expedition first aid
every life matters

An example of a metered dose inhaler and it's use

- (1) Remove the cap and shake the inhaler
- (2) Breathe out gently
- (3) Put the mouthpiece into the mouth and when you begin to breath in, which should be slow and deep, press the canister down and continue to inhale deeply
- (4) Hold your breath for ten seconds or as long as possible
- (5) To administer a second dose wait for a few seconds and then repeat steps one to four

Doses may vary, and when the device is empty you will not feel or hear the propellant discharge

There are a number of different inhalers and spacers available if you need more information please go to

[Inhalers for Asthma - Patient UK](#)