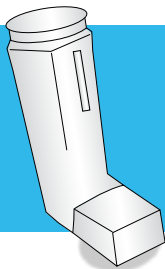
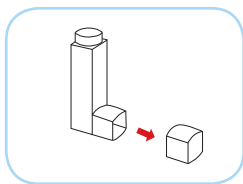


Singapore National Asthma Programme (SNAP)

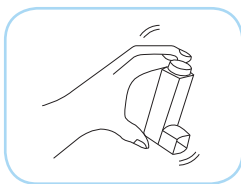


HOW TO USE THE METERED DOSE INHALER

(DIRECT CLOSED MOUTH TECHNIQUE)



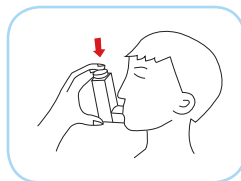
- 1** Remove the protective cap from the inhaler mouthpiece.



- 2** Shake the inhaler about 5 to 6 times.



- 3** Breathe out gently.
- 4** Hold the inhaler upright. Put the mouthpiece in the mouth.



- 5** At the start of inspiration, which should be slow and deep, press the canister down and continue to inhale deeply.
- 6** Hold breath for 10 seconds, or as long as possible then breathe out slowly.
- 7** Wait for a few seconds before repeating steps 2-6; as directed by your physician/asthma nurse.

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

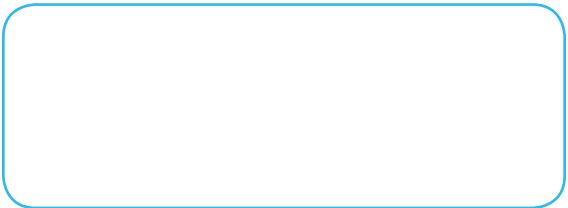


Singapore National Asthma Programme (SNAP)

The SNAP was initiated by the Ministry of Health in 2001 to reduce the burden of asthma in Singapore. Hence it aims to improve the overall control of the disease and quality of life of asthma patients, particularly those with moderate to severe asthma.

This technique card, together with asthma teaching services carried out at our hospitals and clinics serve to teach the patients to employ the correct way to use their inhalers so as to have an effective treatment outcome.

For more information contact us at the following:



A community health project supported by:

