



جامعة الإمام عبد الرحمن بن فيصل

IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

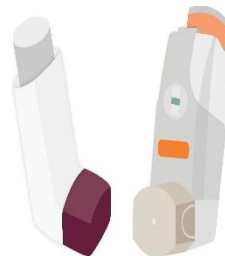
مستشفى الملك فهد الجامعي

King Fahad Hospital The University

جهاز البخاخ الرئوي

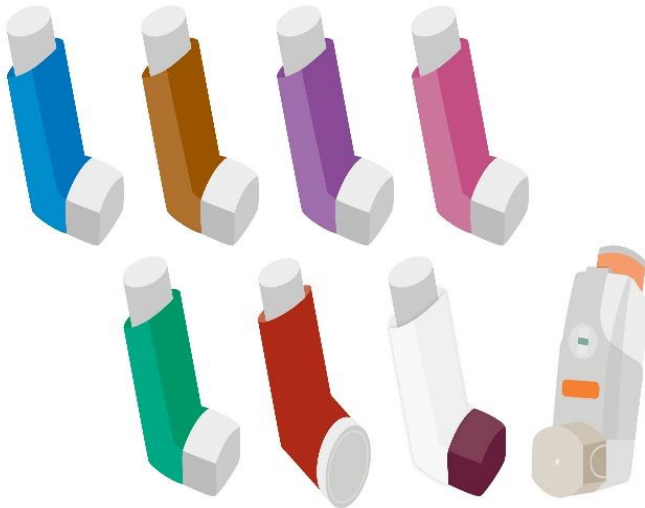
Metered Dose

Inhaler pMDI



What is a Metered Dose Inhaler pMDI?

It is a device that delivers specific amount of medication to the lungs in a form of aerosol.

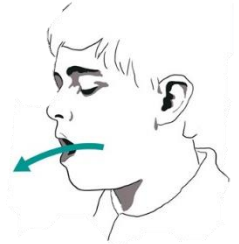


How do I use Metered Dose Inhaler?

1- Shake the MDI well and remove the cap.



2- Exhale all of air out of your lungs.



3- Put the MDI between your teeth then close your lips well.



4- Press MDI while taking slow inhalation, continue until your lungs fully extended.

5- Hold your breath for 10 seconds

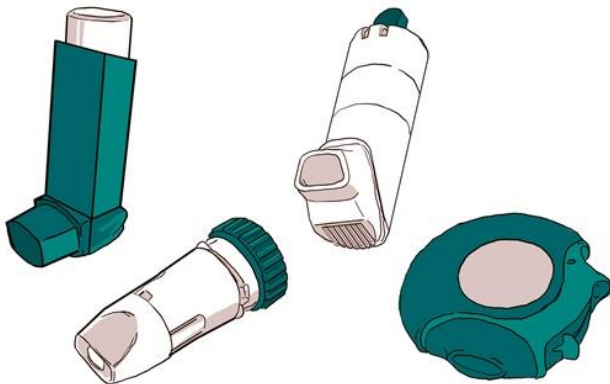


6- Exhale slowly. Repeat the steps after 30 seconds if there is need for another dose.



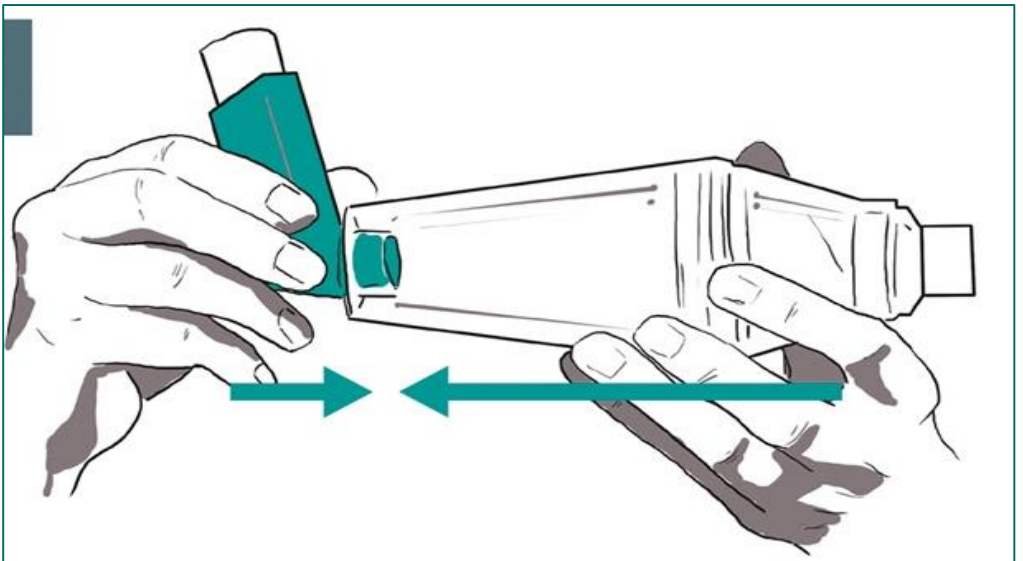
How to maintain my pMDI?

- 1- remove the plastic mouthpiece cap
- 2- remove the metal canister (don't put it in water)
- 3- Rinse the mouthpiece and cap under warm water for at least 30 seconds.
- 4- Shake off any excess water and dry the mouthpiece and cap thoroughly.
- 5- Put the metal canister back in, and replace cap
- 6- Check the manufacturers' instructions for any special instruction



What is the pMDI chamber Device benefit?

- 1- Better protection from poor hand-breath coordination.
- 2- Provides less oropharyngeal deposition.
- 3- Higher respirable drug dosage



Sources and references:

Illustration used in this booklet are made by Javier Trigo

Review and audit:

The content of this booklet has been reviewed by Respiratory Therapy
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Health Awareness Unit

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