

## How does my child use a pump?

By publisher

Created 06/16/2009 - 17:12

The "pump" is also known as the metered dose inhaler.

It is designed to spray medicine directly into the lungs where they can do the most good.

**Pump**



**Pump**

1. Remove the cap.
2. Shake the pump 4 or 5 times.
3. Have your child breathe out normally.
4. Hold the pump 2 finger widths from your child's mouth.
5. Press down on the pump while your child breathes in slowly and deeply.
6. Child should hold breath for 10 seconds.
7. Have your child close his or her mouth and wait 1 minute before taking another puff.

[a spacer? ›](#)      [‹ When should I replace my child's pump?](#)      [up](#)      [Why is my child using](#)

**Source URL:** <http://www.asthmabasics.org/handbook/be-prepared-make-a-plan/how-does-my-child-use-a-pump>