

# Which inhaler for which patient?

## MDI

- Slow, steady inhalation (4-5 sec)
- Need to sync breathing with release of medication

## MDI + spacer

- Slow, steady inhalation (4-5 sec)  
OR slow, steady breathing in & out the mouth
- No need to sync breathing
- Preferred for preschoolers
- Preferred for those with poor inspiratory flow, those with dementia

## DPI

- Quick, deep inhalation (2-3 sec)
- No need to sync breathing
- Larger than MDI
- Have a dose counter
- Generally easier to use
- Preferred for school aged children

