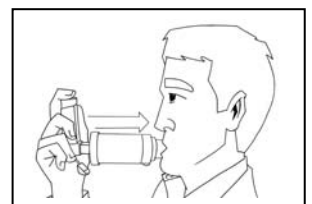
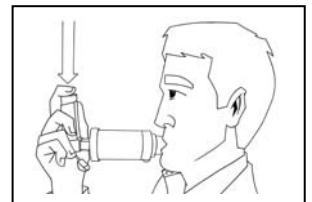
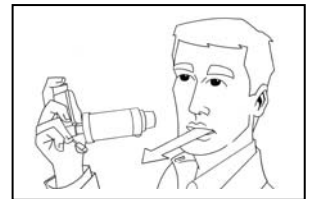
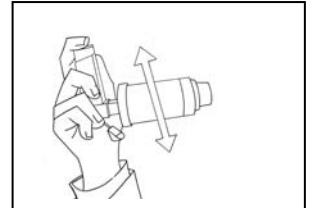


How do I use my Metered-Dose Inhaler (MDI) with a spacer device?

Cue Words

1. **Remove** the caps.
2. **Shake** the MDI.
3. **Assemble** the MDI mouthpiece in the spacer.
4. **Seal lips** around the SPACER DEVICE mouthpiece. **Breathe out.** **Tilt chin up** slightly.
5. **Depress MDI** into spacer.
6. **Breathe in** slowly and deeply.
7. **Hold breath** for 5-10 seconds.
8. **Breathe out.**
9. **Replace caps.**
10. **Wait 30 seconds** if second dose is required; repeat steps 2-8.



How do I use my Metered-Dose Inhaler (MDI) with a spacer device?

1. Remove the cap and shake the MDI.
2. Remove the cap on the spacer and insert the mouthpiece of the MDI into the opening at the end of the spacer.
3. Place the spacer mouthpiece in mouth between your teeth and close your lips around the mouthpiece, making sure there are no air leaks. Check that the small holes on the each side of the mouthpiece are not covered with the lips. Exhale.
4. Push down on the MDI canister once to allow the medication to enter the spacer. Breathe in slowly and deeply for about 3-5 seconds. After the inhalation, hold your breath for as long as possible, up to a count of ten.
Note: If you hear a whistle, you are breathing too fast.
Note: If you have trouble breathing deeply and holding your breath, breathe in and out more normally into the spacer 3 or 4 times.
5. If you need more than one dose, repeat steps 1-4 each time, waiting 30 seconds between inhalations.
6. Replace the cap on the spacer and on the MDI.

*** Always check the instructions included with your MDI for directions on priming and proper use ***

Care of a Spacer

1. Clean the spacer about once a week. Immerse the spacer in warm, mildly soapy water and agitate.
2. Shake off excess water and leave to dry overnight.