



How to use the inhaler device with the spacer

- 1) Shake the inhaler well before use (3-4 shakes)
- 2) Remove the cap from the inhaler, and from the spacer, if it has one
- 3) Put the inhaler into the spacer
- 4) Breathe out, away from the spacer
- 5) Bring the spacer to your mouth, put the mouthpiece between your teeth and close your lips around it
- 6) Press the top of your inhaler once
- 7) Breathe in very slowly until you have taken a full breath. If you hear a whistle sound, you are breathing in too fast.
- 8) Hold your breath for about 10 seconds, then breathe out
- 9) If you need to take more than one puff at a time, wait a minimum of 30 seconds between puffs and be sure to shake the puffer (as in step 1) before each puff. Only put one puff of medication into the spacer at a time

