

How to Use Your Inhaler and Spacer



1. Stand up.
2. Take off cap and make sure opening is clean. Shake for FIVE seconds.



5. Take a slow deep breath in. If you hear a whistle, breathe slower. Do not breathe through your nose.



3. Put inhaler into spacer.



6. Take the spacer out of your mouth and hold your breath. Count to 10 slowly.



4. Breathe out all the air in your lungs.



7. Breathe out slowly, like cooling soup on a spoon.



5. Put spacer in your mouth and close lips tightly around the mouthpiece. Spray one puff into spacer.

Need two puffs? Wait 60 seconds and repeat

- IF your inhaler is new
- IF you have not used your inhaler in two weeks
- IF you drop your inhaler



THEN: You need to “prime” your inhaler. Spray **four puffs** into the air before you use your inhaler.

Remember:

- ALWAYS use your inhaler with a spacer
- Keep track of your doses if there is no counter on your inhaler