

How to Take Your Inhaler Medicines Using a Spacer



1. Take off the inhaler cap and make sure the opening is clean. Take off the spacer cap. Shake the inhaler for 5 seconds.



2. Put the inhaler into the open end of the spacer.



3. Put the spacer mouthpiece into mouth and close lips around it to ensure a tight seal.



4. Breathe out gently and spray 1 puff of medicine at the beginning of a slow deep breath in through the mouth.



5. Hold breath for 5-10 seconds, if possible. Slow down when breathing in if you hear a whistle sound coming from the spacer.

It is best to use an inhaler with a spacer, so more medicine will get into the lungs.

If you use more than 1 puff of medicine, wait at least 60 seconds between puffs.

To clean your spacer:

- Take the medicine canister out, and put it to the side.
- Wash the spacer in warm, soapy water.
- Rinse and let it dry on a towel.
- When they are dry, put all the pieces together.