

How To Take Your: **Spray Inhaler With Spacer or Holding Chamber**



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



2. Put the inhaler into the spacer.



3. Put the spacer in your mouth and close your lips tightly around the mouthpiece. Breathe out gently. Spray the inhaler as you start to take a slow deep breath. If you hear a whistle, breathe slower but keep taking a deep breath in through your mouth.



4. Hold your breath. Count to 10 slowly. If you use more than 1 puff of medicine, wait at least 60 seconds between puffs.

To prime your inhaler:

- If the inhaler is new, follow the package insert instructions before use.
- If the inhaler has been used, follow the package insert for repriming instructions. For example: when the inhaler has not been used for 3 days, it may need to be primed again. Every inhaler may have different instructions.

To clean your spacer:

- Take the medicine canister out, and put it aside.
- Take off the mouthpiece, and wash it in warm soapy water.
- Rinse and let dry on a towel.
- When they are dry, put all the pieces together.

It is best to use an inhaler with a spacer or holding chamber so more medicine will get into your lungs.