

# how to use your inhaler with a spacer

**Important:** Before taking medicine, please follow instructions (included with inhaler) on how to prime your inhaler.

1. To take medicine, remove cap on inhaler.
2. Shake inhaler for 5 seconds. Put inhaler mouthpiece into the spacer.
3. Breathe out. Seal your lips around the spacer mouthpiece.
4. Spray one puff from inhaler into the spacer.
5. Breathe in slowly and deeply through mouth. If spacer whistles, you are breathing in too fast.
6. Hold breath for 5 to 10 seconds, and then breathe out.
7. Repeat steps 2 to 6 as instructed by your doctor. Wait one minute between puffs.

If using a spacer with a mask, follow same instructions. Place mask over nose and mouth with a good seal. Breathe in and out 6 to 7 times.



**NOTES:**

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