

# How to Use Your Inhaler

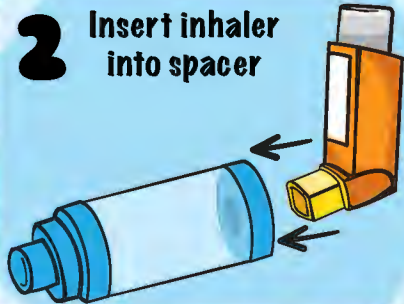
1

Remove  
inhaler cap



2

Insert inhaler  
into spacer



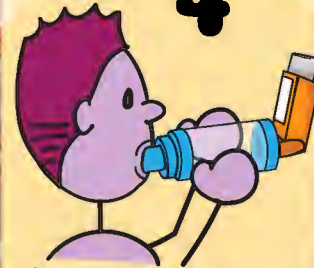
3

Shake!!



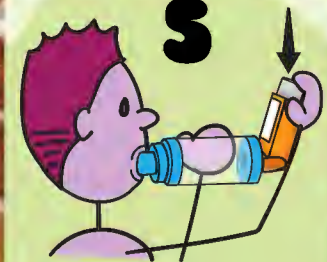
4

Put spacer in mouth  
& make a seal  
with your lips



5

Breathe out. Then  
press the inhaler  
once at the beginning  
of breathing in again.



6 OPTION 1

Inhale deeply & slowly  
for a full breath  
Hold your breath  
for 5-10 seconds



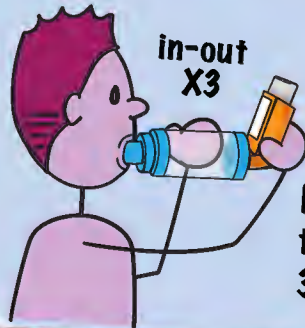
OR

6 OPTION 2

in-out  
X3

Breathe in & out deeply  
& slowly for 3 breaths

Keep lips sealed around  
the mouthpiece until all  
3 breaths are complete



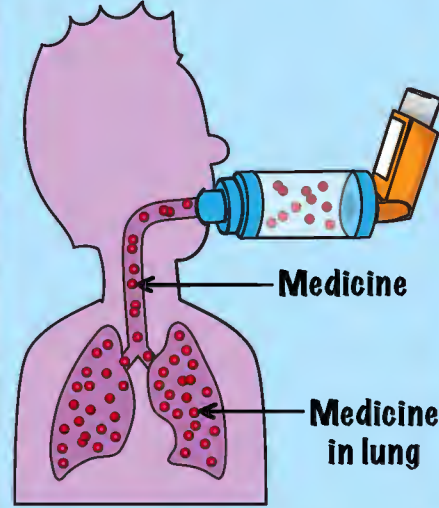
\* SOME SPACERS  
WILL MAKE A  
WHISTLING SOUND  
IF YOU ARE  
BREATHING IN TOO  
FAST

REPEAT STEPS 3-6 FOR MORE MEDICINE,  
IF PRESCRIBED BY YOUR DOCTOR



Using a spacer helps more of your medication travel to your lungs so it can work better!

### Medication delivery with a spacer



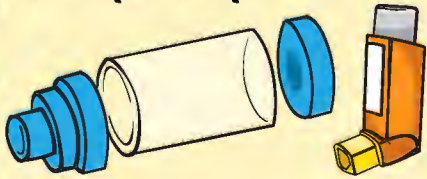
### Medication delivery without a spacer



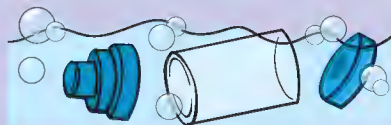
# Clean your spacer!

Your spacer can be used right out-of-package and then cleaned weekly.

**1** Remove inhaler and separate pieces

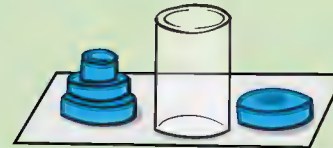


**2** Soak in soapy water for 15 minutes & rinse



Also top-rack dishwasher safe!

**3** Shake off water and stand up to dry.



**4** When fully dry, reassemble!

