

How to Use Your Inhaler with a Spacer

Always use your inhaler with a spacer.

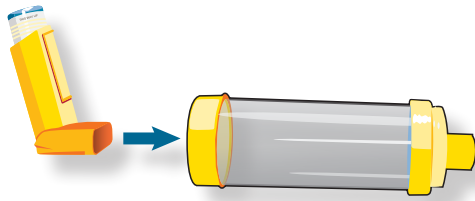
- A spacer is a tool that makes your inhaler work better.
- A spacer works by slowing down the medicine so it can go into your lungs instead of hitting the back of your mouth.



with spacer

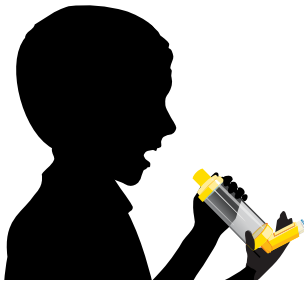


without spacer



1. Get Your Medicine Ready

- **Shake** the inhaler.
- Take the caps off the inhaler and the spacer.
- Connect the inhaler to the spacer.



2. Get Yourself Ready

- **Stand** up straight.
- **Breathe out** to empty your lungs.
- Place your lips tightly around the mouthpiece.



3. Take a Puff

- Press the inhaler to **spray one puff**.
- **Breathe in slowly and deeply**.



4. Hold Your Breath, Then Repeat

- **Hold your breath** while you slowly count to 10.
- **Breathe out**.
- If your doctor wants you to take two puffs, wait 20 seconds before your next puff.
- When you're done, **rinse** out your mouth and put the caps back on the inhaler and spacer.