

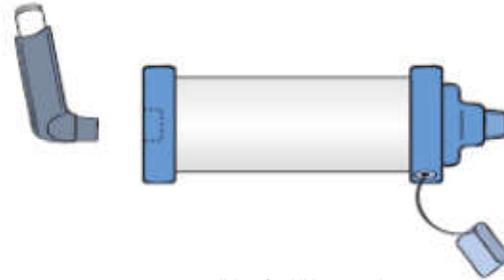


Asthma Center

Connecticut Children's
MEDICAL CENTER

How to use an Inhaler with a Spacer

1. REMOVE cap.
2. SHAKE canister.
3. INSERT the inhaler into the spacer.
4. BREATHE out fully.
5. PLACE spacer mouthpiece in your mouth, then CLOSE your lips around it.
6. PRESS down on the inhaler to get one puff of medicine into the spacer.
7. Take a SLOW deep breath in.
8. HOLD your breath and COUNT to ten, then BREATHE normally.
9. REPEAT steps 7 and 8 WITHOUT any additional medication. This is to be sure all medication has been inhaled.
10. WAIT 60 seconds to take your next puff. REPEAT steps 6-9 for each puff.



www.medicinesforchildren.org.uk

Cleaning: Once a week, clean the entire spacer with 1 tsp white vinegar and water, then rinse. The device should be completely dry before using again.