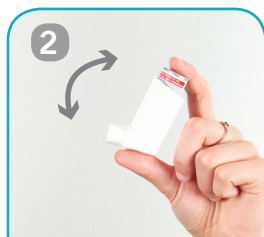


Metered-Dose Inhaler with a Spacer Device



Remove cap



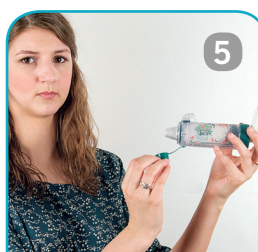
Shake inhaler



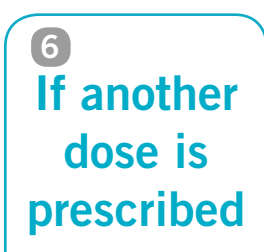
Remove spacer cap.
Insert inhaler
into spacer



Breathe out, press down
ONCE and complete slow
deep breath in.



Hold breath.
Breathe out.



6
**If another
dose is
prescribed**

Wait 30 seconds
repeat steps 2-5



Close cap and
rinse mouth

How do I use my Metered-Dose Inhaler (MDI) with a spacer device?

1. Remove the cap from the inhaler.
2. Shake the inhaler.
3. Remove the cap on the spacer and insert the mouthpiece of the inhaler into the opening at the end of the spacer.
4. Place the spacer mouthpiece in mouth between your teeth and close your lips around the mouthpiece, making sure there are no air leaks. Breathe out. Press down on the MDI canister **ONCE** to allow the medication to enter the spacer. Breathe in **slowly** and **deeply** for about 3-5 seconds.
5. After the inhalation, hold your breath for as long as possible, up to a count of ten and breathe out. Note: If you hear a whistle, you are breathing in too fast. Note: If you have trouble breathing deeply and holding your breath, breathe in and out more normally into the spacer 3 or 4 times.
6. If you need more than one dose, repeat steps 2-5 each time, waiting 30 seconds between inhalations.
7. Close the cap on the spacer and on the inhaler. Rinse your mouth.

Note: using an inhaler without a spacer is not recommended.

Note: Always check the instructions included with your inhaler for directions on priming and proper use.

Care of a Spacer

1. Clean the spacer about once a week. Immerse the spacer in warm, mildly soapy water and agitate.
2. Shake off excess water and leave to dry overnight.



For video instruction:
lungsask.ca/inhaler-resources