

## Metered Dose Inhaler (MDI) with Spacer



This guide will teach you how to use your inhaler with a spacer. When using a spacer, the inhaler must be primed like normal. Once the inhaler is primed, you can use it with the spacer. Spacers make inhalers easier to use. They work by holding the medication until you inhale it.

Your Medication Name: \_\_\_\_\_

Your Medication Dose: \_\_\_\_\_

Follow these steps when it is time to use your inhaler:

1. Shake the inhaler for 5 seconds.
2. Remove the cap from the inhaler and insert the inhaler's mouthpiece into the flat end of the spacer. Do not insert the inhaler into the mouthpiece of the spacer. The spacer mouthpiece will replace the inhaler mouthpiece.



3. Remove the cap from the spacer mouthpiece. Place the mouthpiece of the spacer between your teeth and close your lips around it.
4. Press the top of the inhaler to release a puff. Breathe in **slowly**, all the way. If you hear whistling, you are breathing in too hard.
5. Hold your breath for 5-10 seconds. Take spacer out of mouth and breathe out away from the mouthpiece. If another dose is needed, wait a minute and repeat. Rinse out your mouth with water after use.

Clean your spacer once a week. Check the box your spacer came in for any special cleaning instructions. Most spacers come apart, and the parts can be soaked in soapy water. Soak the parts for 10 minutes then rinse with warm water for 30 second to get all the soap off. Lay the pieces on a towel to dry. Never rub a towel on your spacer.