



# USING AN INHALER WITH SPACER

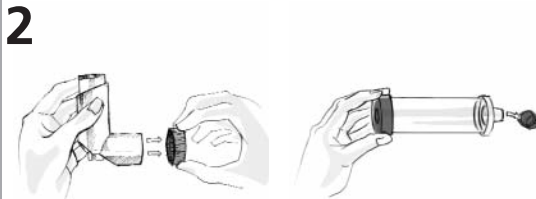
Spacers increase the amount of medicine that reaches the airways and can decrease side effects. **When using a spacer correctly, more medicine will get into the lungs.** Use a spacer as instructed by health care providers. For more information, visit [www.famallies.org](http://www.famallies.org) or call (414) 390-2179.

# Using Your Inhaler with Spacer



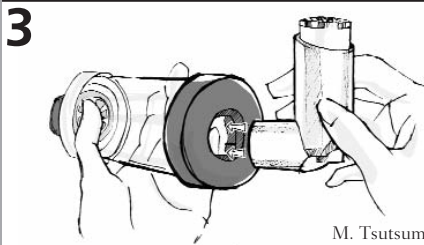
M. Tsutsumi

**Stand or sit up straight.**



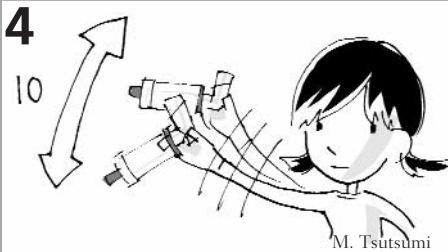
M. Tsutsumi

**Remove caps. Look into spacer/inhaler and remove/clean any dust.**



M. Tsutsumi

**Attach the inhaler to a spacer.**



M. Tsutsumi

**Shake the inhaler (10 shakes).**



M. Tsutsumi

**Hold the spacer close to your mouth and breathe out naturally.**

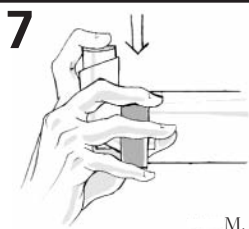


M. Tsutsumi

**Put the spacer mouthpiece between your teeth then close your lips.**

*Continued on the other side*

# Using Your Inhaler with Spacer



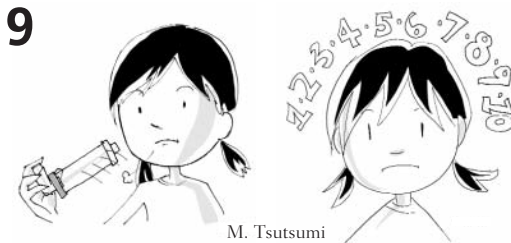
M. Tsutsumi

Press down once on the inhaler.



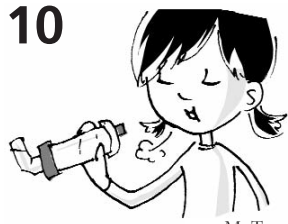
M. Tsutsumi

Breathe in slowly and keep breathing in slowly until your lungs are full.



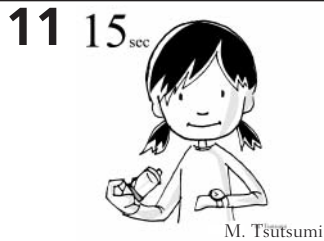
M. Tsutsumi

Remove the spacer from your mouth and close your lips. Hold your breath for 10 seconds.



M. Tsutsumi

Breathe out slowly.

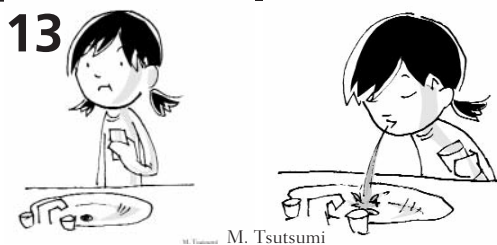


M. Tsutsumi

Wait 15 seconds.

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Repeat steps 5 through 11 for each puff that your health care provider tells you to take.



M. Tsutsumi

Rinse mouth.



M. Tsutsumi

Remove the canister of medicine and rinse the plastic holder with water. Shake off excess water and let dry overnight.