



USING AN INHALER WITH SPACER AND MASK

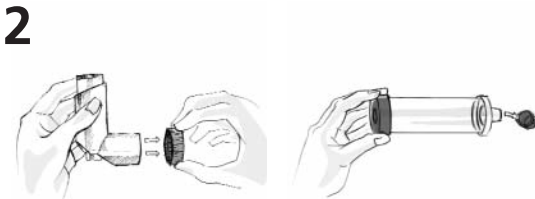
Spacers increase the amount of medicine that reaches the airways and can decrease side effects. **When using a spacer correctly, more medicine will get into the lungs.** Use a spacer as instructed by health care providers. For more information, visit www.famallies.org or call (414) 390-2179.

Using Your Inhaler with Spacer and Mask



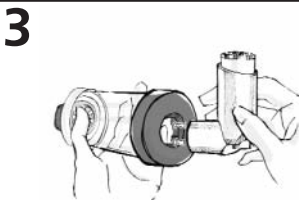
M. Tsutsumi

Stand or sit up straight.



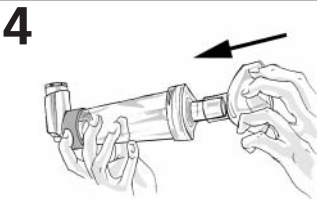
M. Tsutsumi

Remove cap from the spacer and inhaler. Look into spacer/inhaler to remove or clean any dust.



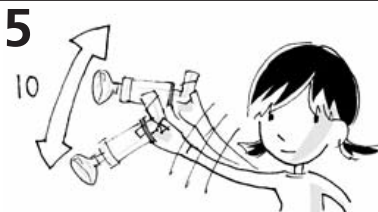
M. Tsutsumi

Attach the inhaler to the end of the spacer.



M. Tsutsumi

Attach the mask to the other end of the inhaler.



M. Tsutsumi

Shake the inhaler (10 shakes).

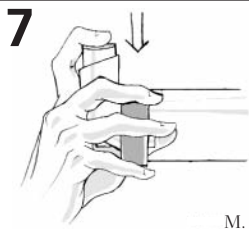


M. Tsutsumi

Place the mask and spacer around nose and mouth, making a tight seal.

Continued on the other side

Using Your Inhaler with Spacer and Mask



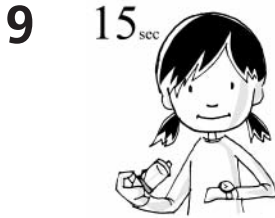
M. Tsutsumi

Press down once on the inhaler.



M. Tsutsumi

Breathe in and out six to 10 times (caregivers can watch the spacer valve move back and forth).

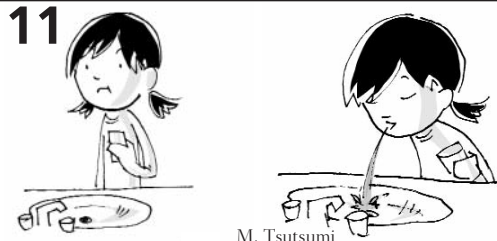


M. Tsutsumi

Remove the mask and spacer from your face. Wait 15 seconds.

10

Repeat steps five through nine as prescribed by a doctor.



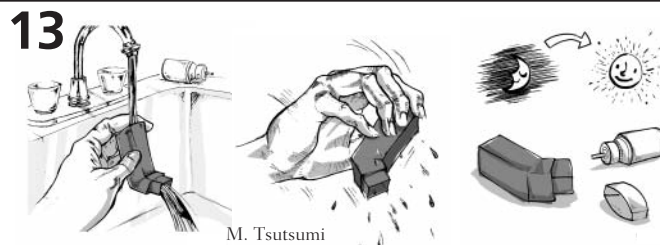
M. Tsutsumi

Rinse mouth with water and spit out.



M. Tsutsumi

Wipe face with clean, wet cloth.



M. Tsutsumi

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