

# How to Use Your MDI (inhaler)

# with a Spacer

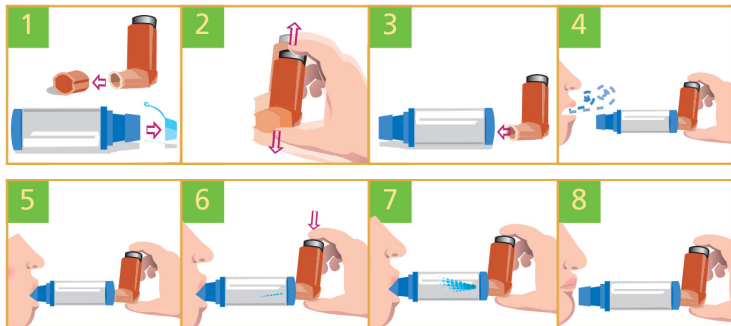


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1. Remove inhaler and spacer caps
2. Shake inhaler for 5 seconds
3. Insert inhaler into spacer
4. Blow air out of lungs
5. Put spacer in mouth, sealing lips around mouthpiece
6. Press inhaler down once
7. Breathe in SLOW AND DEEP AND HOLD BREATH FOR A COUNT OF 10. There should be no whistle sound!
8. Breathe normally and wait at least 15 seconds before next puff

## Remember to prime your MDI

- Priming is giving practice sprays to bring up the medicine before you inhale it.
- Prime when inhaler is brand new or when it has not been used for several days or weeks.
- Take off cap of MDI, shake it and give a couple practice sprays pointed away from body.
- See drug insert for how many practice sprays to give and how often to prime.

## Keep your MDI and spacer clean

- Clean your spacer once a week by washing in warm water with mild dish soap. Rinse, then air dry.
- Clean your MDI plastic unit often.  
Check drug insert for how to clean.