

Using Your **PRESSURIZED METERED-DOSE INHALER WITH SPACER**

1

Using Your pMDI With Spacer



This handout provides

GENERAL INFORMATION for the use of a pressurized metered-dose inhaler (pMDI) with spacer. Please see the package insert of your inhaler for specific product instructions.

2

READ YOUR INSTRUCTIONS



It is important to follow the instructions that came with your inhaler and spacer.

You may have been instructed to use a spacer. A spacer is an attachment that helps the medicine from your inhaler reach your lungs.

3

Is it
time to

REFILL?



Check the dose counter on your inhaler before each use.

4

STOP
using your
inhaler when
the dose
counter
reaches **0**,

*even if it feels
like there may
be something in it.*



You may need to PRIME your inhaler before first use, if it is dropped, or not used for a period of time



Shake your inhaler.



Remove the mouthpiece cap.



Point the inhaler away from you and press down on the top of the canister.

Your instructions will tell you when and how many times to prime your inhaler.



When you are ready to use your inhaler, stand or sit up straight. Shake your inhaler.



ATTACH YOUR SPACER

Remove the cap from the spacer. If the mouthpiece cap is on your inhaler, remove it. Place your inhaler in the soft opening on the end of the spacer.



BREATHE OUT
for as long as you can

Hold your inhaler away from your mouth and breathe out for as long as you can.



HOLD YOUR HEAD UPRIGHT.

SEAL YOUR LIPS AROUND THE MOUTHPIECE.

Place the mouthpiece into your mouth, past your teeth and above your tongue.



PRESS DOWN on your inhaler canister

Press Down

on the top of your inhaler canister to release the medicine into the spacer.

Breathe in gently,

slowly, and deeply through your mouth for about 5 seconds. Slow down if you hear a whistle sound. It means that you are inhaling too quickly.

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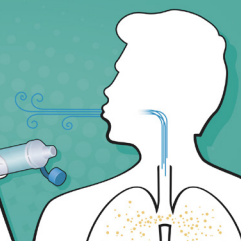


15



Then, hold your breath for 5 to 10 seconds.

16



Breathe out slowly

17

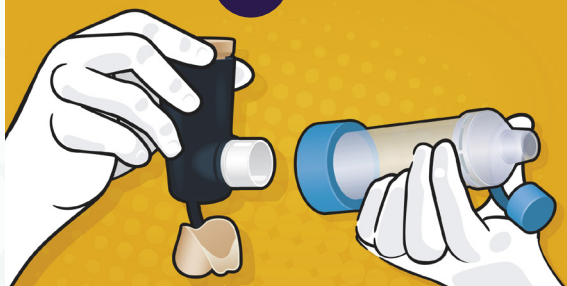
**WAIT,
SHAKE
AND
REPEAT**

as prescribed

If two puffs

have been prescribed, wait about 1 minute, shake your inhaler again and repeat these steps.

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When you are finished, remove the spacer. Place the caps back on the mouthpiece of your inhaler and spacer.

19

**RINSE
YOUR
MOUTH**
with water
and spit



If your inhaler contains a corticosteroid, rinse your mouth with water and spit it out.

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- **REVIEW YOUR PRESCRIPTION LABEL**
- **CLEAN YOUR INHALER and SPACER** as directed



Check your prescription

label to find out when, and how often, to use your inhaler.

Be sure to follow any additional instructions for your inhaler and spacer, including directions for regular cleanings, which are important to keep them working properly.

Store your inhaler with the mouthpiece closed.