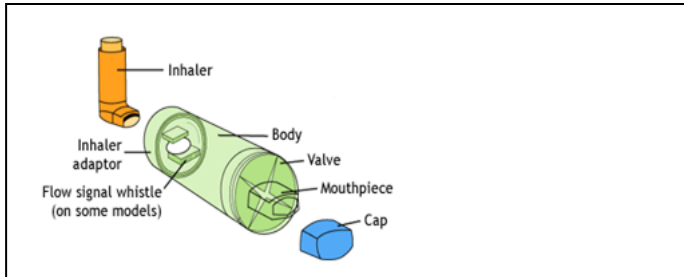


## Using a Metered Dose Inhaler With a Spacer

You will use a spacer with your inhaler. Following these directions will help put more of your medicine in your lungs. This will open up your air passages and help you breathe easier and feel better.



### To use your inhaler with a spacer

1. If your inhaler is new or has not been used for 2 weeks: Shake well. Push down on the inhaler 2-4 times into the air. Shake each time you push down on the inhaler.
2. Shake the inhaler well before use (3-4 shakes and hard for about 5 seconds). You should be standing while using your inhaler.
3. Remove the cap from your inhaler, and from your spacer, if it has one
4. Put the inhaler into the spacer
5. Breathe out, away from the spacer
6. Bring the spacer to your mouth, put the mouthpiece between your teeth and close your lips around it
7. Press the top of your inhaler once
8. Breathe in **very slowly** until you have taken a full breath. If you hear a whistle sound, you are breathing in too fast. **Slowly** breathe in.



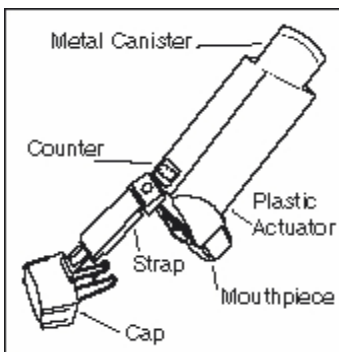
9. Hold your breath for about ten seconds, then breathe out.  
Repeat the above steps for each puff ordered by your doctor.  
Wait about 1 minute in between puffs.



10. Replace the cap on your inhaler when finished.

### *Weekly Inhaler Cleaning Instructions*

1. Take the canister out of the sleeve and take the cap off the mouthpiece
2. Wash the plastic sleeve through the top and bottom with warm running water for 30 to 60 seconds
3. Shake off excess water from the plastic sleeve and allow to dry completely
4. Look into the mouthpiece to make sure any medicine build-up has been completely washed away. If there is any build-up, repeat cleaning
5. When dry, place the metal medication canister into the plastic sleeve and store with cap in place



### *Spacer Cleaning Instructions*

1. Take the spacer apart.
2. Gently move the parts back and forth in warm water using a mild soap. Never use high-pressure, dish washer or boiling hot water, rubbing alcohol or disinfectant.
3. Rinse the parts well in clean water.
4. Do not dry inside of the spacer with a towel as it will cause static. Instead, let the parts air dry (for example, leave them out overnight).
5. Put the spacer back together.

Adapted from Ventolin HFA Package Insert