HOW TO USE MY SPACER

1. Shake the medicine canister well.

2. For some spacers, connect the MDI with the medicine canister in place, to the spacer. For other spacers, put the medicine canister directly in place on the spacer; do not use the MDI with these spacers. See the drawings that come with your spacer.

3. Press down on the medicine canister firmly, to put one puff of medicine in the spacer (holding chamber). Release pressure on the canister.

4. Place the mouthpiece in your mouth, making a tight seal with your lips around it. Breathe deeply as you count to (1 and 2 and 3 and 4 and 5 and), and then hold your breath for 10 seconds to let the medicine go to your lungs.

5. Stop holding your breath, and wait 1 minute before taking your second puff of the same medicine (if 2 puffs are ordered).

NOTE: Younger children (<6) and those elderly whose dentures are absent or ill fitting, may find taking their medicines through spacers easier if they use the face-mask attachment instead of just the mouth piece.