

METERED-DOSE INHALER WITH SPACER

METERED-DOSE INHALER

How to Use Your Metered-Dose Inhaler With a Spacer

Your clinician has prescribed medication that comes in a metered-dose inhaler with a spacer. It is important that you know how to use your metered-dose inhaler with a spacer so that you can take your medication correctly and breathe better.

Important: Before using your metered-dose inhaler for the first time, make sure you know how many doses your inhaler has. Keep track of how many doses of medicine you take each day so that you know when to refill your inhaler.

Note: Before using your metered-dose inhaler for the first time, read the preparation instructions in the package.

To use your metered-dose inhaler, complete these steps:



1. Remove the cap from your inhaler.
2. Clean any dust or lint from the mouthpiece using a clean cloth or tissue.



3. Shake your inhaler well to mix the medicine.



4. Attach your inhaler to the spacer.



5. Sit up straight or stand up.
6. Hold the inhaler away from your face, then breathe out all the way.
Important: Do not breathe out into the inhaler.



7. Put the mouthpiece of the spacer between your lips, and then close your lips around the mouthpiece.
8. Press down on the inhaler. One dose of medicine is now in the spacer.



9. Breathe in slowly and deeply, taking in as much medicine as you can. Try to fill your lungs completely.



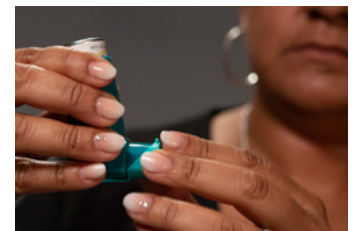
10. Hold your breath for 10 seconds.
11. If you cannot hold your breath for 10 seconds, hold your breath as long as you can.



12. Remove the mouthpiece from between your lips, and exhale. If you need to take another dose of medication, wait 1 minute. After 1 minute, repeat steps 3-10.



13. If you use a corticosteroid in your inhaler, such as Flovent®, Beclovent®, Vanceril®, Aerobid®, or Azmacort®, rinse your mouth out with water after you take your last dose of medicine. Spit the water out: Do not swallow it.



14. Place the cap back on your inhaler.

Use the instructions provided to clean your inhaler once a week. Store your inhaler in a cool, dry place. Keep your metered-dose inhaler and all medications out of the reach of children and pets.

