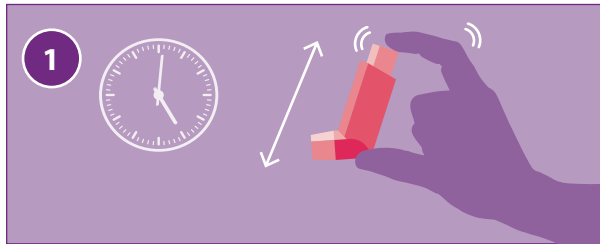
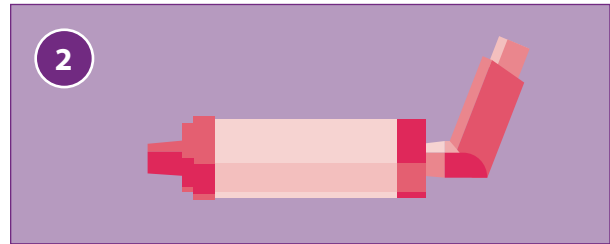


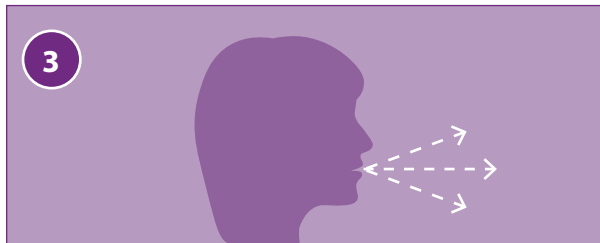
## INSTRUCTIONS FOR USING AN MDI WITH A HOLDING CHAMBER



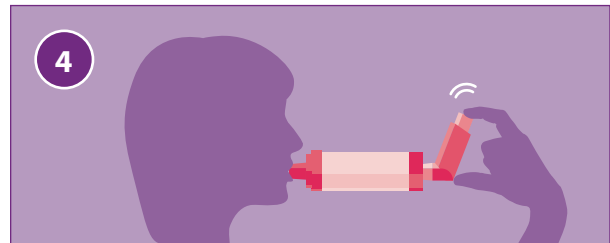
**STEP 1:** Take the cap off your MDI and shake the MDI well.



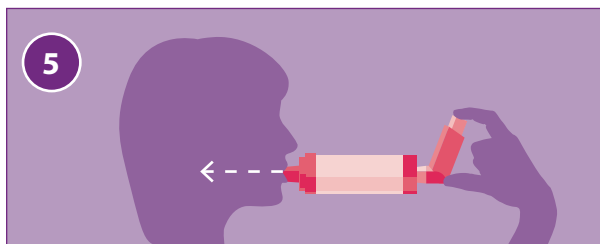
**STEP 2:** Attach the MDI to the holding chamber.



**STEP 3:** Sit up straight or stand. Exhale fully, emptying your lungs as much as possible.



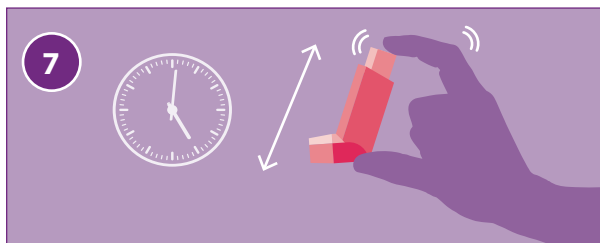
**STEP 4:** Put the mouthpiece of the holding chamber in your mouth. Close your lips around the mouthpiece and make a tight seal. Press down on the MDI. This puts one dose of medicine into the chamber. NEVER load more than one dose into the chamber.



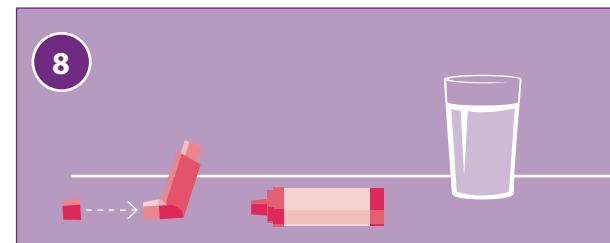
**STEP 5:** Take a slow, deep breath through your mouth. Breathe in as much air as you can. Try to fill up your lungs completely.



**STEP 6:** Remove the mouthpiece from your mouth and hold your breath for 10 seconds. If you cannot hold your breath for 10 seconds, hold your breath for as long as you can.



**STEP 7:** If you need to take another dose of medicine, wait 1 minute. After 1 minute, shake the inhaler again and repeat steps 3 through 6.



**STEP 8:** Remove the MDI from the chamber and recap both devices. If your medicine is a corticosteroid, rinse your mouth out with water after you have taken your last puff of medicine. Make sure you spit the water out—DO NOT SWALLOW IT.