

How to Use the Metered Dose Inhaler (MDI) with a Spacer



Instructions:

1. Remove the cap from the inhaler. Some must be squeezed at the sides to release.
2. Remove the cap from the spacer.
3. Check the dose counter if the inhaler has one.
4. Hold the inhaler upright and shake well.
5. Insert the inhaler into the open end of the spacer. Ensure that the inhaler fits properly.
6. Sit straight or stand up.
7. Tilt your head back slightly.
8. Exhale away from the inhaler.
9. Place the mouthpiece between your teeth without biting it. Close your lips around the mouthpiece to form a good seal.
10. Press the inhaler once and take a deep and slow breath.
11. Remove the inhaler from your mouth.
12. Hold your breath for 10 seconds or as long as comfortable.
13. Exhale slowly through your mouth or nose away from the inhaler.
14. Repeat steps 4-13 after 30 seconds if another dose is required.
15. If more than one dose is needed, repeat all steps starting from step 3.
16. Replace the cap.

Tips:

- If you are using this inhaler for a corticosteroid preventer medication, rinse your mouth with water and spit after inhaling the last dose to reduce the risk of side-effects.

Cleaning:

- Clean your spacer before you use it for the first time and then about once a month.
- It's not unusual for your spacer to look a bit cloudy.
- Wash your spacer in warm water with kitchen detergent and allow to air dry without rinsing.
- Drying with a cloth or paper towel can result in electrostatic charge on the inside of the spacer, which makes the medication stick to the sides.
- Wipe the mouthpiece clean of detergent before use.