

# How to Take Your Inhaler Medicines

## Spray Inhaler With Spacer or Holding Chamber



1. Take off the inhaler cap, and make sure the opening is clean. Shake the inhaler for 5 seconds.



2. Put the inhaler into the spacer.



3. Breathe out all the air in your lungs.



4. Put the spacer in your mouth, and close your lips tightly around the mouthpiece. Spray 1 puff of medicine into the spacer.



5. Start to take a slow, deep breath. If you hear a whistle, breathe slower, but keep taking a deep breath. Do not breathe through your nose.



6. Take the spacer out of your mouth, and hold your breath. Count to 10 slowly.



7. Breathe out slowly through pursed lips (like cooling soup on a spoon).

**It is best to use an inhaler with a spacer, so more medicine will get into the lungs.**

**If you use more than 1 puff of medicine, wait at least 60 seconds between puffs.**

### To clean your spacer:

- Take the medicine canister out, and put it to the side.
- Take off the mouthpiece, and wash it in warm, soapy water.
- Rinse and let it dry on a towel.
- When they are dry, put all the pieces together.

### To prime your inhaler:

- If the inhaler is new, follow the package insert instructions before use.
- If the inhaler has been used, check the package insert instructions to find out when it needs to be primed. For example: some inhalers need to be primed after 3 days, others after 14 days.