



Metered-Dose Inhaler with a Spacer

1. Take the plastic caps off both the metered-dose inhaler and spacer mouthpieces.
2. Shake the inhaler well for 5 seconds.
3. Insert the metered-dose inhaler into the large rubber ring opening of the spacer device, keeping the inhaler in an upright position.
4. Breathe out normally and slowly away from the mouthpiece. Do not breathe in yet.
5. Put the mouthpiece of the spacer into your mouth past your teeth. Close your lips on the mouthpiece. Do not cover the small slots on the spacer.
6. Press the inhaler so that the medication sprays into the spacer.
7. Breathe in slowly until your lungs are completely full (If you breathe in too quickly, the spacer will whistle). Hold breath for 5-10 seconds. If you can't take or hold a deep breath, breathe in and out from the spacer for 4 breaths in a row, keeping your lips sealed around the mouthpiece. Do not breathe through your nose.
8. Remove spacer from mouth.
9. If a second puff is ordered, wait 60 seconds and repeat steps 2-8.
10. Gargle with water and spit after using a corticosteroid (Flovent, Advair, QVAR or Alvesco) to help prevent possible side effects (sore throat, hoarse voice, oral thrush).

Cleaning Instructions

1. Clean the spacer and mouthpiece by hand-washing once a week in soap and warm water. Do not rinse clear plastic chamber. Shake to remove excess water and leave to air-dry. Do not wash in the dishwasher.
2. The average life span of a spacer is one year. The valve near the mouthpiece end of the spacer must remain flexible. It should open when you inhale through the spacer and remain closed when not in use. If you are not sure the valve is working, take it to an Asthma Educator, Pharmacist or Respiratory Therapist to have it checked.