



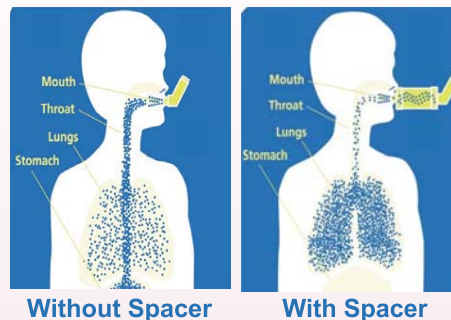
What is a spacer?

A spacer or valved holding chamber attaches to the inhaler.

It holds the medicine in the chamber long enough to inhale the medicine in one or two slow, deep breaths.

Why should you use a spacer?

If an inhaler is not used correctly, much of the medicine may end up on the tongue, the back of the throat, or in the air. A spacer can help keep this from happening.



Without Spacer

With Spacer



What is an inhaler (MDI)?

A metered dose inhaler (MDI) is commonly referred to as an inhaler, puffer or spray.

An inhaler delivers a pre-measured dose of medicine into the lungs when you press the inhaler and breathe in.



How to use inhalers (MDI) with spacers

Getting ready

1. Take off the cap and shake canister; attach to spacer.
2. Breathe out all the way.
3. Hold the inhaler/spacer as instructed by the doctor.

Breathe in slowly

4. Press down on the inhaler one time, then breathe in slowly for 5 seconds.
5. Keep breathing in slowly as deeply as possible.

Hold your breath

6. Hold breath and count to ten slowly.
7. Wait 1 minute between each puff.
8. If no improvement after 10 minutes, call doctor immediately.

If you do not have a spacer:

1. Place the inhaler two fingers away from chin.
2. Set inhaler.
3. Remove hand.
4. Start breathing in and press down on the inhaler once.
5. Continue breathing in slowly and deeply.
6. Hold breath for 10 seconds.

It is recommended that you use a spacer with inhaled medication.



What is a dry powder inhaler (DPI)?

Some asthma medications can be taken in the form of a dry powder using a small, hand-held device called a dry powder inhaler (DPI).

Dry powder inhalers deliver medications to the lungs as it is inhaled through the device.

How to use a dry powder inhaler

Inhaling the medication:

1. Turn head away from the inhaler and breathe out as much air as possible.
2. Place the device in mouth and breathe in as quickly and as deeply as possible.
3. Hold breath for up to 10 seconds.
4. Take the DPI away from mouth and exhale slowly.
5. If more than one dose is prescribed, repeat steps 1 through 5 for each dose.

