



# Using Your Inhaler with Spacer

Follow these steps to use your inhaler correctly

1. Shake inhaler.
2. Remove cap from spacer and inhaler.
3. Insert inhaler in back of spacer with slit at the top.
4. Breathe out normally away from the inhaler.



5. Place spacer mouth piece in your mouth behind the teeth and seal lips tightly.

6. Spray once and take one long breath in, **deeply and slowly**.
7. **Hold** your breath in for 10 seconds, and then breathe out normally.



8. Repeat steps 4 to 7.
9. **Do not spray 2 puffs one after the other.** This wastes one puff of medication.

Follow cleaning instructions on page 2.

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## Cleaning your spacer

**It is important to clean your spacer at least one time a week.** This helps make sure you get the correct amount of medication.

- 1.** Remove cap, valve, and rubber casing from spacer.
- 2.** Soak all pieces of the spacer (chamber, cap, valve and rubber casing) in warm water for 15 minutes with a tablespoon of white vinegar.
- 3.** Rinse with warm water.
- 4.** Let air dry on a clean towel or paper towel. **Do not** put paper towels or any kind of towels into the spacer to dry it. This makes static electricity inside and stops the medication from getting into the lungs.

## Do not run out of medication

- Keep a watch on the number of doses left in your inhaler.
- **When you have used about half of the doses, call to get a refill.**

**For questions and resources, call 1 (833) 327-8462.  
[www.SouthSideKidsAsthma.org](http://www.SouthSideKidsAsthma.org)**