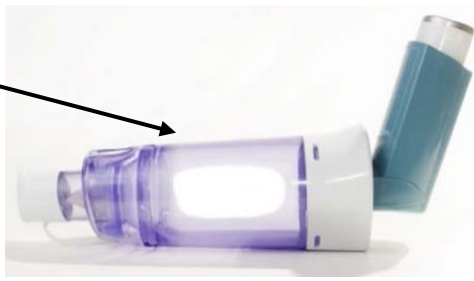




Using Your Spacer is Important

A **spacer** is a plastic tube that you can use with your inhaler.

Spacer

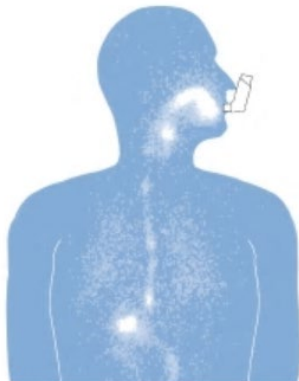


How the spacer helps

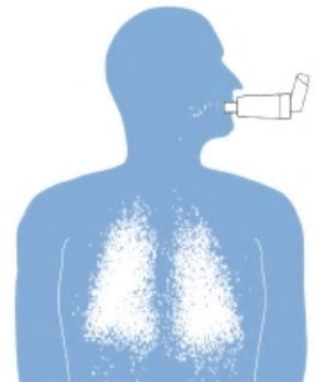
The Spacer Helps:

- Hold the medicine inside the tube until you breathe it all in
- Get more of the medicine into your lungs
- Stop the medicine from staying on your tongue or the back of your throat.

**Using
inhaler
without
spacer** →



**Lungs fill with
more medicine
when using
inhaler with
spacer** →



See page 2 for how to use your spacer.

Using Your Spacer is Important

How to use your spacer

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.



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 parts of the spacer (chamber, cap, valve and rubber casing) in a mix of warm water and 1 tablespoon of white vinegar for 15 minutes.
3. Rinse with warm water.
4. Let air dry.

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**