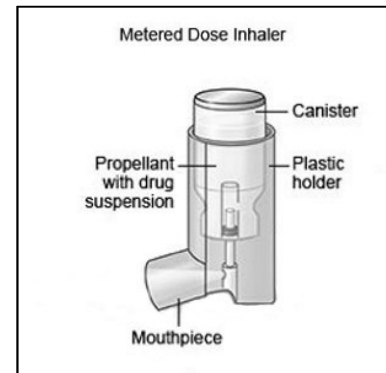
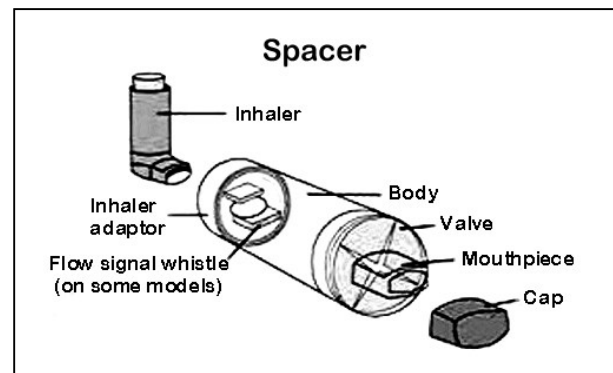


How to Use an Inhaler with a Spacer

If you use your inhaler the wrong way, less medicine gets to your lungs. (An inhaler is sometimes called a Metered Dose Inhaler, or MDI.) A spacer device will help. (It is sometimes called a Chamber.) The spacer connects to the mouthpiece of the inhaler. The inhaled medicine goes into the spacer tube first. Then you take a deep breath to get the medicine into your lungs. Also, using a spacer wastes a lot less medicine than spraying the medicine into your mouth and can help reduce the chances of side-effects like hoarseness. Spacers can be used with both rescue inhalers and maintenance inhalers. While a spacer can make it easier to use an inhaler it can also make the inhaler less portable because a spacer takes up extra space in a purse or a bag. However, maintenance inhalers (usually the ones with corticosteroids) are usually prescribed to be taken twice a day, so the spacer can be left at home for morning and evening use.



We recommend that anyone of any age who is using an inhaler should consider using a spacer, especially children. There are several other types of spacers available for people with specific needs. A large-volume spacer is useful for people who need to take their medication dose more slowly, over the space of five or six breaths. For young children, a spacer with a breathing mask attachment is often used. If you need to use one of these types of spacers, please ask your healthcare provider for more information.

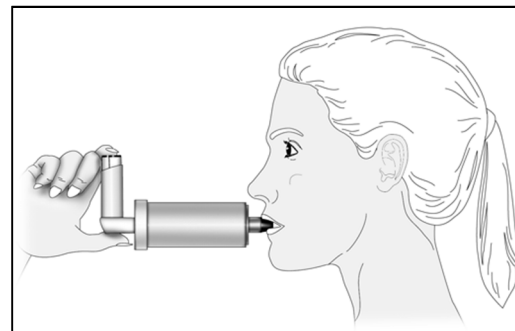


Spacers should not be used with dry powder inhalers like disk, capsule, or Respimat inhalers — only with puffer-style inhalers. Puffers with either a rectangular or a round mouthpiece should be able to fit into a spacer — ask your healthcare provider for a demonstration if you are unsure how to set it up. If you can't seal your lips around the spacer mouthpiece properly ask your healthcare provider about a model with a facemask.

As with any medicines, discuss any unwanted effects from your medication with your healthcare provider. Your inhaler will come with instructions in the package. Always check the package insert for any specific instructions. The inhaler, spacer, and how you use them should be checked by your healthcare provider every 6-12 months to be sure everything is working properly.

Using the Inhaler and Spacer

1. Remove the caps from your inhaler and your spacer, if it has one.
2. Check dose counter (if the inhaler has one).
3. If you have not used the inhaler in a while, you may need to prime it (see the instructions that came with your inhaler for how to do this).
4. Hold inhaler upright and shake well, 4 to 5 times.
5. Insert inhaler upright into spacer.
6. Breathe out gently and all the way to empty your lungs completely, away from the spacer.



7. Bring the spacer to your mouth, put the mouthpiece between your teeth and close your lips around it to form a good seal.
8. Keep your chin up.
9. Keep the spacer horizontal and spray 1 puff into the spacer by pressing down on the top of the inhaler canister.
10. Breathe in very slowly and as deeply as you can – a slow and full breath.
11. Some spacers come with a warning whistle. If you hear a whistle, you are breathing in too fast.
12. Hold your breath as you slowly count 10 seconds, and then breathe out. If you cannot hold your breath for 10 seconds, hold it as long as comfortable.
13. While holding your breath, remove the spacer from your mouth.
14. After the ten seconds, pucker your lips and slowly breathe out through your mouth.
15. If you need to take more than one puff at a time, wait at least 30 to 60 seconds between puffs and be sure to shake the puffer before each puff. Only put one puff of medication into the spacer at a time. Then repeat steps 6 through 14.
16. After using your inhaler, rinse your mouth with water and spit. (This helps reduce side effects from your medicine.)

Common Problems

Common problems include not breathing in soon enough after pressing the canister, not breathing in deeply enough, not holding breath long enough or taking several puffs without waiting.

Storing and Cleaning your Inhaler

Store your inhaler at room temperature. It may not work well if it is too cold. The medicine inside is under pressure, so make sure not to get it too hot or puncture it.

Look at the hole where the medicine sprays out of your inhaler. If you see powder in or around the hole, clean your inhaler. First, remove the metal canister from the L-shaped plastic mouthpiece. Rinse only the mouthpiece and cap in warm water. Let them air dry overnight. In the morning, put the canister back inside. DO NOT rinse any other parts.

Replacing Your Inhaler

Replace the inhaler before you run out of medicine. Have your healthcare provider show you how to check if your inhaler is empty or nearly empty. Have your healthcare provider show you where to find the expiration date on your inhaler. Some inhalers come with dose counters on the canister. Others should have the number of puffs listed on the canister. Say your new inhaler has 200 puffs and you use 8 puffs a day. Then this canister would last 25 days. So, if you start to use it on January 1st, replace it on January 25th.

Spacer Care

Clean your spacer before you use it for the first time and then about once a month. Gently move the parts back and forth in warm water using a mild soap. Rinse the parts well in clean water. Never use high-pressure or boiling hot water, rubbing alcohol or disinfectant. Do not dry inside of the spacer with a towel as it will cause static. Instead, let the parts air dry (for example, leave them out overnight). It's not unusual for your spacer to stay looking a bit cloudy.

