

How do I use my Metered-Dose Inhaler (MDI) with a spacer device?

1. Remove the cap and shake the MDI.
2. Remove the cap on the spacer and insert the mouthpiece of the MDI into the opening at end of the spacer.
3. Place the spacer mouthpiece in mouth between your teeth and close your lips around the mouthpiece, making certain there are no air leaks. Check that the small holes on each side of the mouthpiece are not covered with the lips. Exhale.
4. Push down on the MDI canister once to allow the medication to enter the spacer. Breathe in slowly and deeply for about 3 - 5 seconds. After the inhalation, hold your breath for as long as possible, up to a count of ten.

Note: If you hear a whistle, you are breathing in too fast.

Note: If you have trouble breathing deeply and holding your breath, breathe in and breathe out normally into the spacer 3 or 4 times.

5. If you need more than one dose, repeat steps 1 – 4 each time, waiting 60 seconds between inhalations.
6. Replace the cap on the spacer and on the MDI.

CARE OF A SPACER

1. Clean the spacer about once a week. Immerse the spacer in warm mildly soapy water and agitate.
2. Rinse with clear water.
3. Shake off excess water and leave to dry overnight.

THE  LUNG ASSOCIATION™
When you can't breathe, nothing else matters.

 and 
ASTHMA TRAINING & EDUCATOR COURSE COPD TRAINING & EDUCATOR COURSE

Metered dose inhaler with spacer