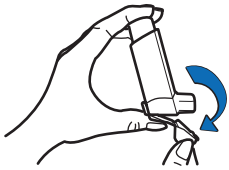


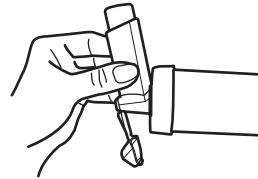
# Using your MDI with a Spacer

1



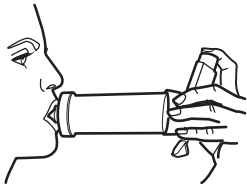
**Remove** the cap from the MDI. **Shake** the MDI well.

2



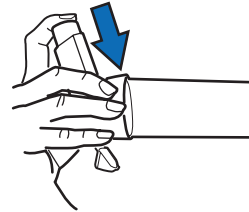
**Insert** the MDI into the spacer.

3



**Place** the mouthpiece of the spacer in your mouth, sealing your lips around it. **Breathe out completely** into the spacer.

4



**Press** down on the MDI once. This puts one puff of medication into the spacer. **Breathe in slow and deep** for about **3-5** seconds.

5



**Remove** the spacer from your mouth. **Hold your breath** for **8-10** seconds, then breathe out. If this is difficult, breathe normally into the spacer **3-4** times.

6



**Rinse** your mouth with water; spit the water out. (If your medication is a corticosteroid e.g. flovent).

If more than one puff is prescribed, repeat these steps. Wait **30-60** seconds between puffs.

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