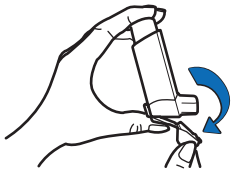


# Using your MDI with a Spacer & Mask

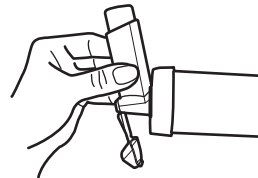


1



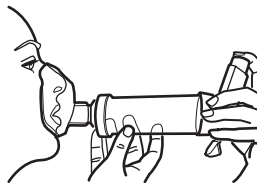
**Remove** the cap from the MDI. Shake the MDI well.

2



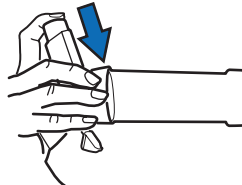
**Insert** the MDI into the spacer.

3



**Place** mask of the spacer over your nose and mouth. **Breathe out completely** into the spacer.

4



**Press** down on the MDI once. This puts one puff of medication into the spacer.

- For adults, **inhale slow and deep** for **1** breath.
- For children older than 18 months, **breathe normally** for **5-6** breaths
- For children less than 18 months, **breathe normally** for **8-10** breaths.

5



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

Tip

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

! 24/7/365 Emergency Support

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