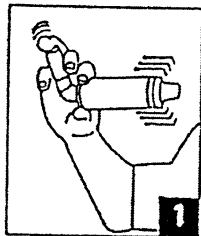


Directions for Using a Metered Dose Inhaler (MDI) with a Spacer

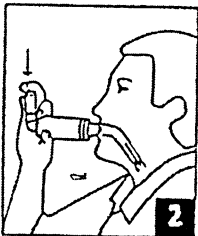
Metered dose inhalers allow medication to be taken straight into your airways so you can breathe easier. Inhaling the drug means the dose required is very small and the effect is rapid. Small doses mean minimal side effects. Correct use of an MDI with a spacer, ensures that the drug reaches your lungs to control symptoms.

Spacers act as a holding chamber for the medication released from the MDI. A spacer helps to increase the amount of medication that reaches the lungs, and decrease the medication that stays on the back of your throat. A spacer **MUST** be used when taking inhaled corticosteroids (preventers) with a MDI.



1. Take the plastic caps off both your metered-dose inhaler and spacer mouthpieces.

2. **Shake the inhaler.**



3. Insert metered-dose inhaler into the large rubber ring opening of the spacer device.

4. Put the mouthpiece of the spacer into your mouth. Close your lips on the mouthpiece (do not cover the small slots in the mouthpiece next to the spacer chamber). Breathe out normally and slowly.

5. Press the metal canister down into the inhaler. This sprays the medication into the spacer.



6. Take a slow, deep breath until your lungs are completely full. Hold your breath for 10 seconds or as long as possible. If you are unable to take a deep breath or if you cannot hold a deep breath, breathe in and out from the spacer for 3 or 4 consecutive breaths. **If you are using a blue Aerochamber and you hear a “whistling” sound, you are breathing in too quickly!**

7. If a second dose is ordered, wait 30 seconds and repeat steps 2 to 6.

Always rinse your mouth after taking inhaled corticosteroids

Cleaning instructions: Clean the spacer once a week with warm tap water and dry it with a clean cloth. The average life span of a spacer is one to two years (depending upon the model). The valve must remain flexible and closed.

If you have any questions about using your inhaler device or your respiratory medications, talk to your doctor, pharmacists or the Adult Asthma Clinic.

HOW TO USE A METERED DOSE INHALER WITH A SPACER (MDI)

CUE WORDS

1. **Remove** the caps.
2. **Shake** the MDI.
3. **Assemble** MDI mouthpiece in the chamber.
4. **Seal lips** around the spacer mouthpiece. **Exhale**.
5. **Depress MDI** into holding chamber.
6. **Inhale** slowly and deeply.

Note: If you are using a blue Aerochamber, and you hear a “whistling” sound, you are breathing in too quickly!

7. **Breath hold for 10 seconds** or as long as possible.
8. **Exhale**.

NOTE: If you are using your reliever medication more than 3 times per week for relief of symptoms, your asthma is NOT under control, and you should contact your doctor. Use of one dose of reliever medication per day before **exercise to prevent exercise-induced symptoms is acceptable.**

If you have any questions about using your inhaler device or your respiratory medications, talk to your doctor, pharmacist or the Adult Asthma Clinic.