

## **HOW TO USE AN INHALER WITH A SPACER/HOLDING CHAMBER**

1. Shake the inhaler for at least 10 seconds.
2. Insert inhaler into spacer (technique will vary with type of spacer; refer to manufacturer instructions).
3. Tilt your head back slightly and breathe out until lungs are completely empty.
4. Put the mouthpiece into your mouth between your teeth and close your lips around it. Do not block opening with your tongue.
5. Press down once on the inhaler canister.
6. Breathe in deeply and slowly through your mouth.
7. Keep breathing in slowly, as deeply as you can.
8. Hold your breath as you count slowly to 10, if you can.
9. Wait at last 1 minute between puffs.

