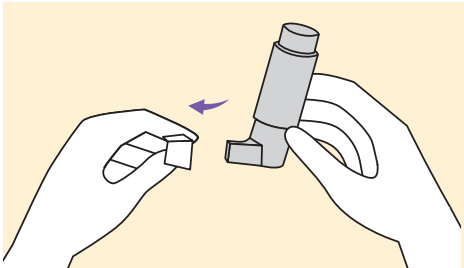
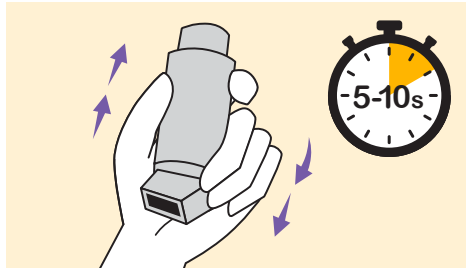


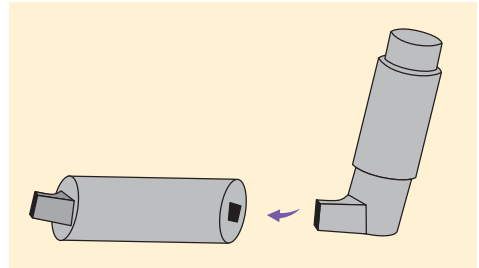
How to Use an Asthma Inhaler with or without a Spacer



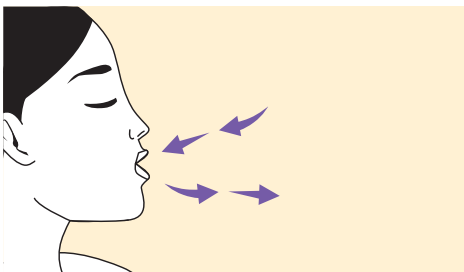
1 Remove the cap from spacer and inhaler.



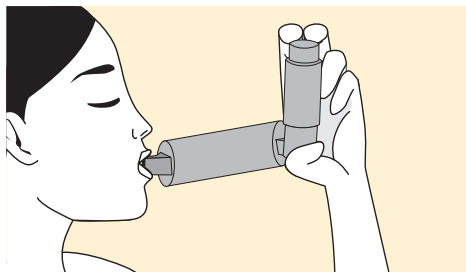
2 Shake your inhaler for 5–10 seconds. *If your inhaler is new or hasn't been used recently, spray 4 puffs into air.*



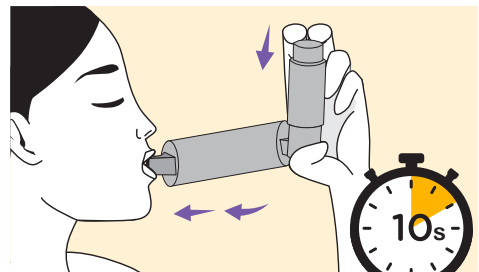
3 Insert the inhaler into the spacer by inserting the mouthpiece into the rubber end of the spacer. *If patient is not using a spacer, skip to step 5.*



4 Sit or stand upright. Take a deep breath in and out. This prepares your lungs to receive the medicine.



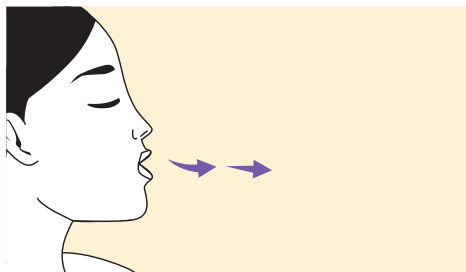
5 Insert the spacer or inhaler mouthpiece directly into your mouth. Form a tight seal around the mouthpiece with your lips.



6 Press the inhaler once. Breathe in deeply through your mouth for 10 seconds.



7 After breathing in for 10 seconds, hold your breath briefly.



8 Slowly exhale through your mouth.



9 Wait 30 seconds before repeating steps 6 through 8. Rinse your mouth when done.

Learn more:



youtu.be/sQUUJHzO-XQ



youtu.be/bQX2kEn9Dg4

For more information, call 312-432-2674 to set up a FREE asthma education visit.