

HOW TO USE AN INHALER WITH A SPACER/HOLDING CHAMBER AND MASK

1. Shake the inhaler for at least 10 seconds.
2. If mask is separate from the spacer, attach mask to the mouthpiece-end of the spacer.
3. Insert inhaler into back of spacer (technique will vary with type of spacer; refer to manufacturer instructions)
4. Apply mask to face and ensure that there is a good seal over nose and mouth. Make sure that the mask is in contact with the face, but you do not need to press hard.
5. For small children, you may want to sit the child facing forward in front of you and allow the child to rest his head against your chest.
6. Press down once on the inhaler canister to release the medication.
7. Breathe in and out deeply and slowly through your mouth for six breaths, keeping the mask pressed to the face.
8. Wait at least 1 minute between puffs. Repeat steps 4-7 for additional puffs as prescribed.

