

HOW TO USE YOUR INHALER AND SPACER



1. Stand up.
2. Take off cap and make sure opening is clean.
Shake inhaler for 5 seconds.



5. Take a **slow deep** breath in.
If you hear a whistle, breathe slower.
Do not breathe through your nose.



3. Put inhaler into spacer.



6. Take the spacer out of your mouth and hold your breath.
Count to 10 slowly.



4. Breathe out all the air in your lungs.



7. Breathe out slowly, like cooling soup on a spoon.



5. Put spacer in your mouth and close lips **tightly** around the mouthpiece.

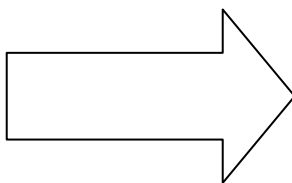
Spray **one** puff into spacer.

Need 2 puffs?
Wait 60 seconds and repeat all steps.

Always use your inhaler with a spacer.

Keep track of your doses if there is no counter on your inhaler.

If your inhaler is new
If you have not used your inhaler in 2 weeks
If you drop your inhaler



Then
You need to "prime" your inhaler. Spray **4 puffs** into the air before you use your inhaler.