

How to Use Your Puffer and Spacing Device

1. Remove all caps from the puffer and spacer.

2. Shake for 10 seconds.

3. Place the puffer in the end of the spacer.

4. Tilt your head back slightly and sit up straight.



5. Blow out slowly.

6. Seal your lips around the spacer mouthpiece keeping it between your teeth.

7. Press down on the puffer **ONE TIME ONLY**.



8. Take a SLOW deep breath in.

9. **If you hear the whistle, you are breathing in too fast.**



10. Hold your breath for up to 10 seconds.



11. Wait one minute before using your puffer again. This gives the medicine and propellant enough time to mix together.

12. Repeat steps 2 to 11 for as many puffs as your doctor has ordered.

13. When you are done, rinse, gargle and spit.

14. Remove puffer from spacer and replace the cap on the puffer after use.

15. To tell if your puffer is empty, take the metal canister out of the plastic cover and shake by your ear. If you can't hear / feel the liquid moving in the canister, it is empty.

16. Store your puffer in a cool, dry place.