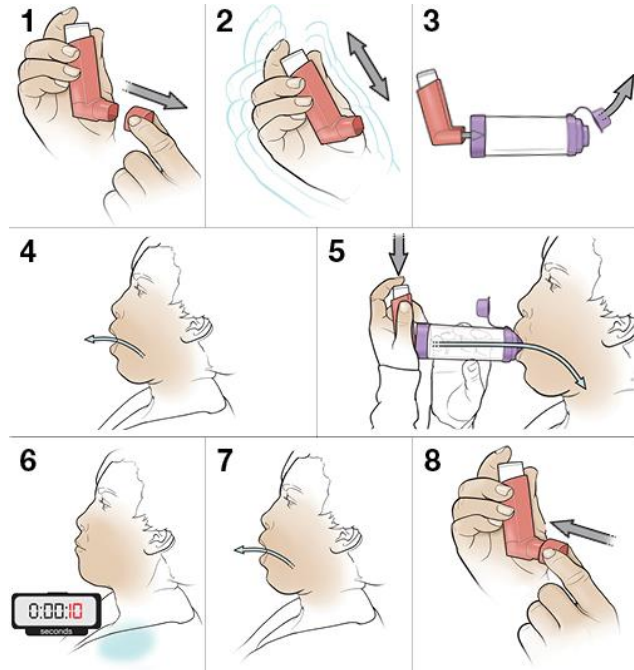


## Metered-Dose Inhaler (MDI) 'puffer' with Spacer Device



1. Remove the cap from the puffer.
2. Shake the puffer (3-4 shakes).
3. Remove the cap on the spacer and insert the mouthpiece of the puffer into the opening at the end of the spacer.
4. Breathe out completely.
5. Place the spacer mouthpiece in mouth between your teeth and close your lips around the mouthpiece, making sure there are no air leaks.
6. Press down on the top of the puffer canister once to allow the medication to enter the spacer.
7. Breathe in slowly and deeply for about 3-5 seconds.  
Note: If you hear a whistle, you are breathing in too fast.
8. After breathing in, hold your breath for as long as possible, up to a count of ten and breathe out.  
Note: If you have trouble breathing deeply and holding your breath, breathe in and out more normally into the spacer 3 or 4 times.
9. If you need more than one dose, repeat steps 2-5 each time, waiting 30 seconds between inhalations.
10. Close the cap on the spacer and on the puffer.
11. Rinse your mouth after each use if using a steroid.

Note: Using an inhaler without a spacer is not recommended.

### Care of a Spacer

1. Clean the spacer about once a week. Immerse the spacer in warm, mildly soapy water and swish around.
2. Shake off excess water and leave to dry overnight.

For video instruction: <https://sk.lung.ca/lung-diseases/inhalers/videos/mdi-spacer>