

USING AN INHALER WITH SPACER AND MASK

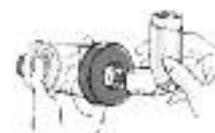
Spacers increase the amount of medicine that reaches the airways and can decrease side effects. When using a spacer correctly, more medicine will get into the lungs. Use a spacer as instructed by health care providers.

1. Stand or sit up straight.



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2. Attach the inhaler to a spacer.



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3. Attach the mask to the other end of the spacer.



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4. Shake the inhaler (10 shakes).



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5. Breathe out naturally.



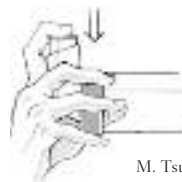
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6. Place the mask and spacer around nose and mouth, making a tight seal.



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7. Press down once on the inhaler.



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8. Breathe in and out six to 10 times over 20 to 30 seconds (caregivers can watch the spacer move back and forth).



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9. Remove the mask and spacer from your face. Wait 15 seconds.



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10. Repeat steps 4 through 10 for each puff that your health care provider tells you to take.

11. Rinse mouth with water and spit out.



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12. Wipe face with clean, wet cloth.



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