## **Spacer with mouthpiece**

Use a spacer with the inhaler. More medicine will go into the lungs.



1. Shake the inhaler. Remove the caps from the inhaler and spacer.



2. Place the inhaler into the back of the spacer.



3. Take a deep breath and let it all the way out.



4. Seal lips around the mouthpiece. Push down on the inhaler releasing 1 puff into the spacer.



5. Breathe in slowly through the mouth. Hold breath for 10 seconds. The whistle sound means the breath is too fast. Slow down.



6. Let out your breath. Wait about 30 seconds. Repeat steps 1-6 for more puffs.