

# Family Education Sheet

## How to Use a Inhaler with a Spacer and Mouthpiece



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A spacer is a holding chamber that attaches to an inhaler and helps to get more medicine into the lungs and less medicine in the mouth. Using a spacer with a mouthpiece takes practice but we will teach you how to do it! **Follow the steps below.**

**First time using your inhaler? Haven't used your inhaler in awhile?** You need to "prime" it. Do this by squirting the inhaler 3 to 4 times in the air—away from your face—until you see the medicine come out.



1 Wash your hands.



2 Take off cap from the inhaler.



3 Attach inhaler to spacer.



4 Shake the inhaler and spacer to mix up the medicine.



5 Stand or sit up straight. Breathe out slowly.



6 Put the spacer mouthpiece in your mouth and form a tight seal.



7 Press down on the inhaler to put 1 puff of medicine into the chamber. Breathe in slowly and deeply. If spacer makes a whistling noise, breathe more slowly.



8 Take spacer out of mouth. Hold breath for 10 seconds. Remove inhaler from spacer.



10 Rinse mouth with water. Spit.

9 If your dose is 2 puffs, repeat steps 4-8.

*This Family Education Sheet is available in Spanish*