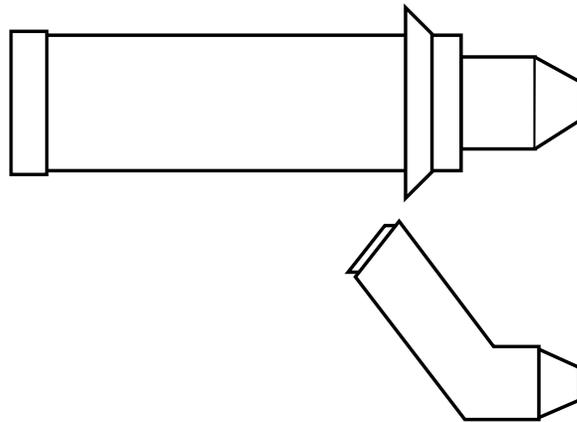




# Using Your Inhaler with Spacer

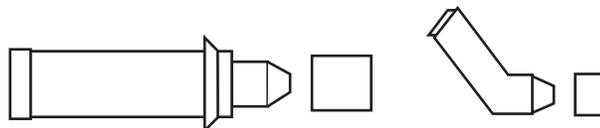
Dept. of Pulmonary Medicine



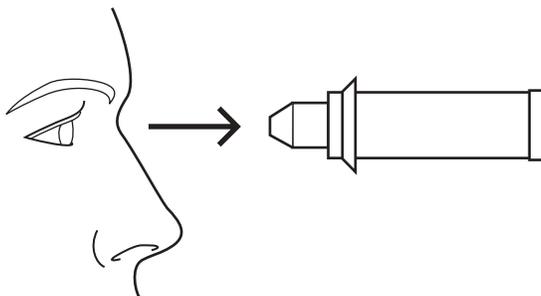
The Spacer is made to be a holding chamber for your medication. It is helpful in timing your puff of medication with your breath. The spacer allows your medication to pass through a one-way valve, and holds it in the chamber until you take a breath.

# Instructions for Use

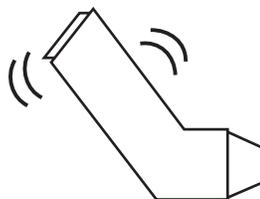
**1** Remove protective cap from inhaler and from spacer.



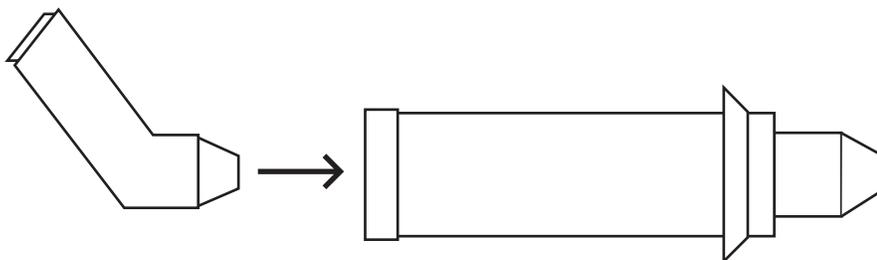
**2** Visually check the chamber for foreign particles. Check to make sure all parts are secure.



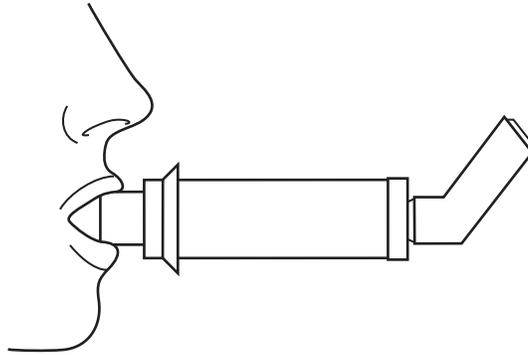
**3** Shake inhaler vigorously 3 or 4 times.



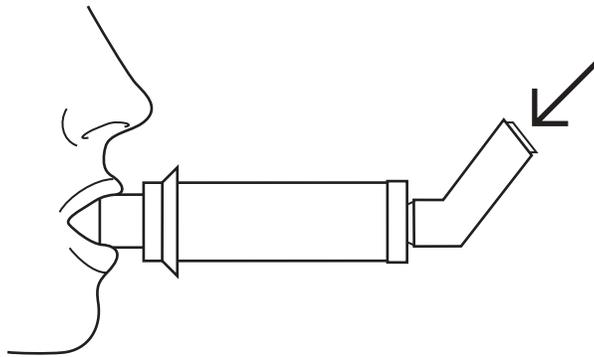
**4** Insert inhaler mouthpiece into the oval opening in the soft rubber-like end of the chamber.



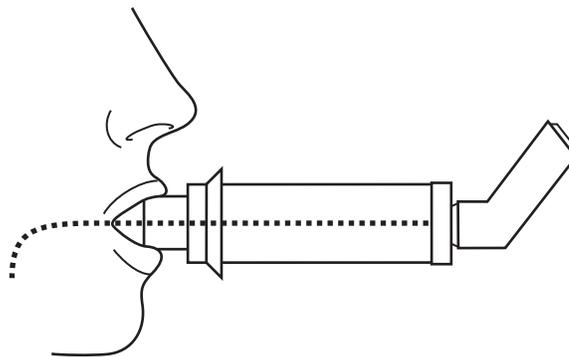
**5** Exhale normally. Then place the mouthpiece of the spacer in mouth and close lips.



**6** Spray 1 puff from inhaler into chamber of the spacer and immediately begin to inhale **NORMALLY**, through your mouth (see Step 7).



**7** Inhale and exhale normally through mouth until 4 full breaths have been taken (to empty the chamber).



**8** Repeat for the number of puffs prescribed by your doctor. Wait at least 60 seconds before each additional puff. Shake your inhaler before each puff.

## **Cleaning Instructions**

To clean the inhaler and spacer:

1. Remove the protective mouthpiece cap and soft rubber-like end from the spacer that holds the metered-dose inhaler.
2. Rinse the spacer parts daily with tap water.
3. Lightly shake away excess water droplets and place on clean surface to dry.  
*Do Not Wipe Dry.*
4. When dry, reassemble for next use.

Note: “Test spray” after cleaning the canister because this will help prime the canister.

## **Helpful Hints**

1. If you have trouble inhaling through your mouth with spacer mouthpiece in your lips, it may help to pinch your nose while inhaling the medication.
2. Spraying more than 1 puff into the spacer before or during inhalation will result in delivery of less than the maximum dose of medication.

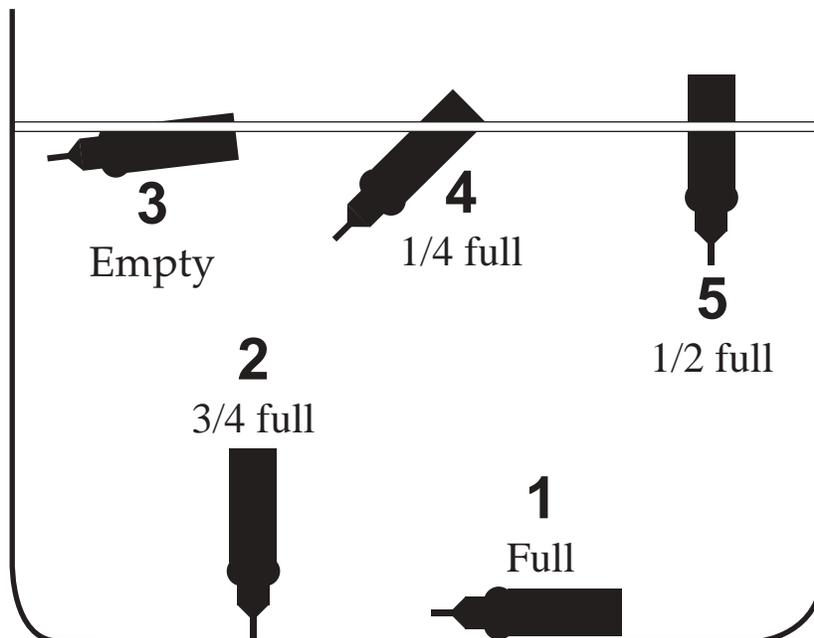
## **Common Problems**

1. Not taking the medication as your doctor directed but, taking too much or too little.
2. Remember to inhale through your mouth instead of through your nose. The drug will get in your lungs only if you inhale through your mouth.
3. Forgetting to shake the inhaler. If the inhaler is not shaken, it may not deliver the correct dose.
4. Not waiting long enough between puffs. You must wait at least 30 seconds and shake the inhaler again before taking the second puff. This ensures that you get the full dose every time you take a puff.
5. Failing to clean the inhaler and spacer. Particles may block the valve in the mouthpiece unless the inhaler and spacer are cleaned. For cleaning instructions, see above.

6. When using steroid inhalers such as "Azmacort", it is important to rinse mouth with water after using inhaler. Inhaler should be rinsed daily.

## How to Know if Your Inhaler is Full

A simple way to estimate the amount left in your inhaler is shown in the diagram below. Fill a bowl with water and place the canister into it.



The position the canister takes shows the approximate number of doses remaining. Use this method to see if you need to ask your doctor for another prescription for your inhaler.

## A Final Word To All Patients

Bring your inhaler with you each time you visit your healthcare provider, so your provider may check whether or not you are getting maximum benefit from your inhaler with spacer.