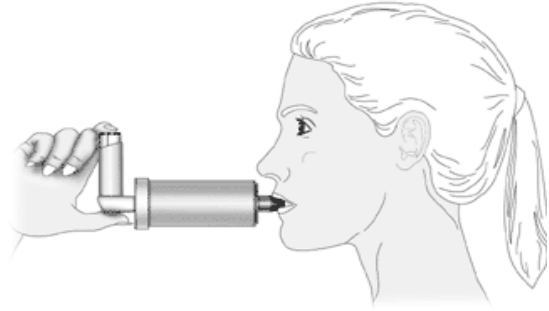


How to Use a Spacer



1. After shaking your inhaler, insert it into the spacing device.
2. Take a deep breath in and then exhale to empty your lungs.
3. Put the spacer mouthpiece into your mouth.
4. Press down on the canister.
5. **Inhale slowly and deeply.**
6. Hold your breath for 5 to 10 seconds.
7. Remove the spacer from your mouth.
8. Slowly breathe out.
9. Wait one minute.
10. Repeat according to ordered puffs.
11. Rinse and gargle when finished to prevent mouth infections and hoarseness.
12. Clean spacer daily with warm soapy water.
13. Rinse and dry well.

