

How to use your inhaler with a Spacer/Chamber Mouth Piece

Steps: *Take your inhaler while you are standing.*

1. Shake the inhaler for 5 seconds
2. Remove the cap from the inhaler and spacer
3. Attach the inhaler mouthpiece to the open end of the spacer
4. Blow all your air out
5. Place your lips snugly around the mouthpiece
6. Give the inhaler 1 push to get the medicine into the chamber
7. Breathe in slowly over 3-4 seconds. Hold your breath for a count of 10 seconds. (If you hear the whistle sound, you breathed in too quickly.)
8. Wait at least 1 minute between each puff and repeat
9. Always swish and spit or brush your teeth after using your controller medication.



Cleaning:

Wash the mask and chamber once a week in clear dish soap, rinse well and air dry.

Information provided by Nemours Children's Specialty Care, Jacksonville
Division of Pulmonology



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