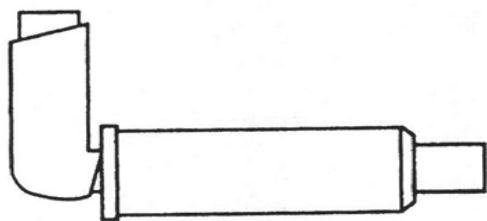
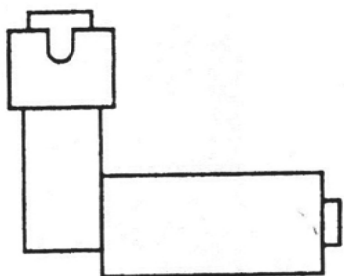


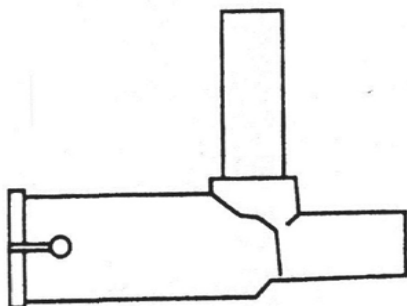
## HOW TO USE MY SPACER<sup>17,19-21</sup>



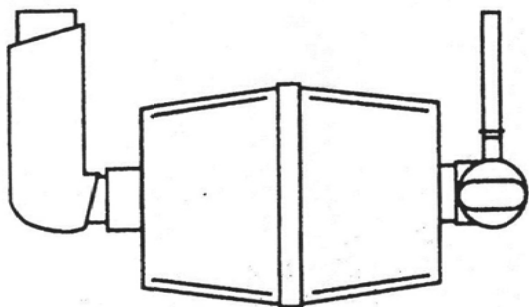
1. Shake the medicine canister well.



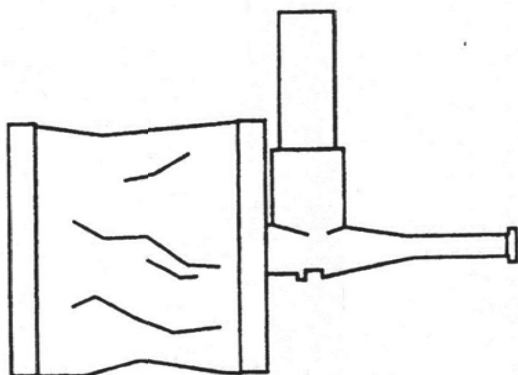
2. For some spacers, **connect the MDI with the medicine canister in place, to the spacer**. For other spacers, **put the medicine canister directly in place on the spacer**; do not use the MDI with these spacers. See the drawings that come with your spacer.



3. Press down on the medicine canister firmly, **to put one puff of medicine in the spacer** (holding chamber). Release pressure on the canister.



4. Place the mouthpiece in your mouth, making a tight seal with your lips around it. **Breathe deeply as you count to (1 and 2 and 3 and 4 and 5 and)**, and then hold your breath for 10 seconds to let the medicine go to your lungs.



5. Stop holding your breath, and **wait 1 minute** before taking your **second puff of the same medicine** (if 2 puffs are ordered).

*NOTE: Younger children (<6) and those elderly whose dentures are absent or ill fitting, may find taking their medicines through spacers easier if they use the face-mask attachment instead of just the mouth piece.*