

How to use a puffer with a spacer

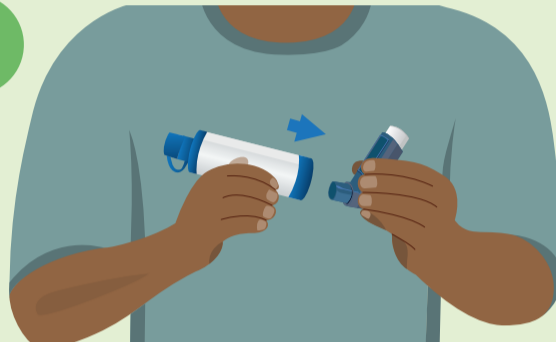
Asthma puffer medicine is best taken using a spacer to get more medicine into the lungs.

1



Remove the cap from the puffer

2



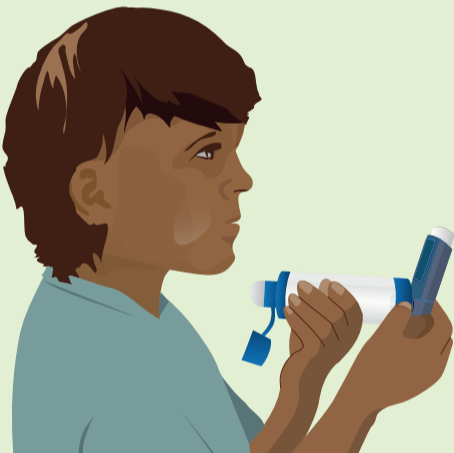
Shake puffer well and put it into the hole at the end of the spacer

3



Remove the spacer cap

4



Hold the puffer upright

5



Breathe out slowly and completely

6



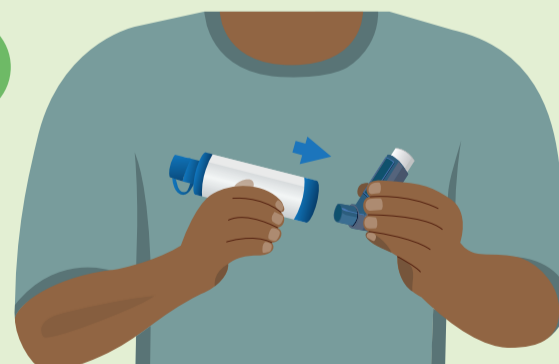
Place the spacer's mouthpiece in your mouth

7



Press down on puffer and breathe in and out through the spacer 4 times

8



For more puffs, take out the puffer and shake then re-attach to spacer. Repeat the steps for more puffs.