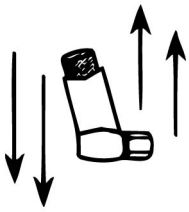


## ☐ Metered Dose Inhaler With Chamber

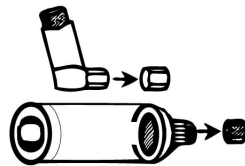
A metered dose inhaler with chamber has advantages. It takes away timing issues by letting you breathe at your own pace and

it gets the medicine to your lungs better. Together, you and your doctor will decide if it's right for you.

1. Shake the inhaler canister quickly for 5 seconds.

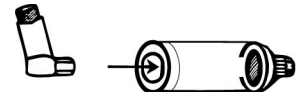


2. Remove the caps from the inhaler and the chamber.

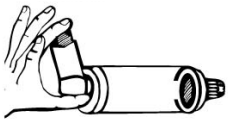


3. Look to make sure there are not any foreign objects in the inhaler or the chamber.

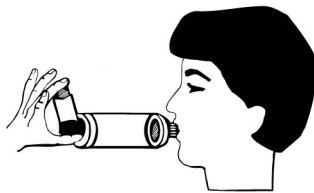
4. Insert the inhaler mouthpiece into the inhaler adapter of the chamber.



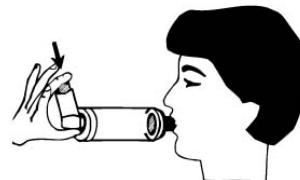
5. Grasp the inhaler in a good position to firmly spray it.



6. Place the chamber mouthpiece in your mouth between your teeth and close your lips. Gently exhale as fully as is comfortable.



7. Firmly press the canister once.

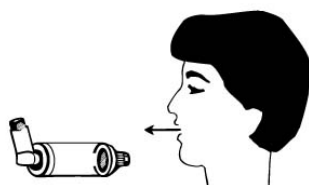


8. Inhale a full breath slowly through your mouth while keeping your lips sealed around the mouthpiece. A whistling sound means you are breathing too fast.



9. Hold your breath for 10 seconds if you can.

10. Remove the chamber from your mouth and exhale normally.



11. Wait 30 to 60 seconds. Shake the inhaler again and repeat steps 5 through 10 for the number of puffs ordered by your doctor. **Note:** If you use albuterol, wait 1 to 2 minutes.

12. Remove the inhaler and holding chamber. Replace the caps. Store your inhaler and chamber in a clean, dry location.

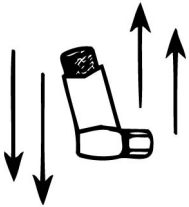
(over)

# □ Metered Dose Inhaler With Spacers

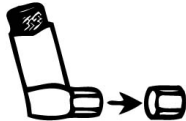
A metered dose inhaler with spacers has advantages. It is easier to carry and it costs less than an MDI with a chamber.

Together, you and your doctor will decide if it's right for you.

1. Shake the inhaler canister quickly for 5 seconds.

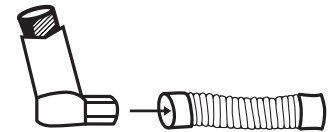


2. Remove the cap from the inhaler.

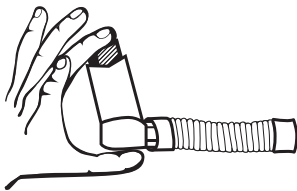


3. Look to make sure there are not any foreign objects in the inhaler or the spacer.

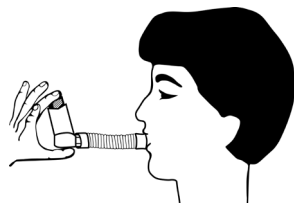
4. Insert the inhaler mouthpiece into one end of the spacer.



5. Grasp the inhaler in a good position to firmly spray it.



6. Place the spacer mouthpiece in your mouth between your teeth and close your lips. Gently exhale as fully as is comfortable.



7. Firmly press the inhaler canister once.

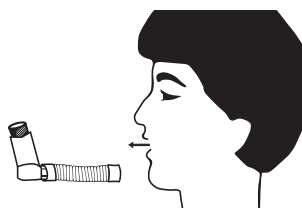


8. Inhale a full breath slowly through your mouth.



9. Hold your breath for 10 seconds if you can.

10. Remove the spacer from your mouth and exhale normally.



11. Wait 30 to 60 seconds. Shake the inhaler again and repeat steps 5 through 10 for the number of puffs ordered by your doctor.

**Note:** If you use albuterol, wait 1 to 2 minutes.

12. Remove the inhaler and spacer. Replace the cap. Store your inhaler and spacer in a clean, dry location.