

How to Use MDI with Spacer

Patient Education Guide



Learn with - An Interactive training - Engaging animations - Your web cam

Good Inhaler Technique -Increases medicine effect - Saves of cost of medicine - Reduces ER Visits

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- For cleaning and priming refer to the patient instructions that accompanies your inhaler.
- Following these step by step instructions will help you to inhale medicine effectively.



Step1: Remove the cap from the inhaler.



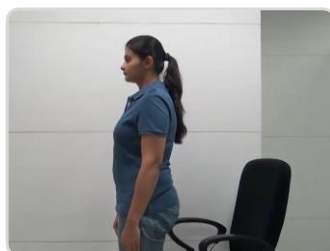
Step2: Remove the cap from the spacer.



Step3: Shake the inhaler well for 5 seconds.



Step4: Insert the inhaler into the open end of the chamber. Ensure that the inhaler fits properly.



Step5: Sit straight or stand up.



Step6: Tilt your head back slightly.



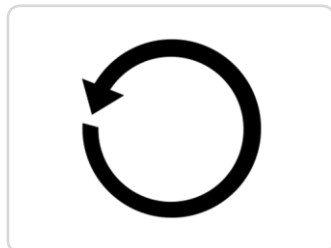
Step7: Exhale away from the inhaler.



Step8: Place the mouthpiece in your mouth. Press the inhaler once and take a deep and slow breath.



Step9: Hold your breath for 10 seconds. Exhale slowly through your mouth or nose.



Step10: Repeat 2 to 8 steps after 30 seconds, if another dose is required. If you are using a corticosteroid medication, rinse your mouth after all doses are complete.

Tip: Remember to rinse your mouth thoroughly after taking your dose and spit out the water.

Use-inhalers website is a great resource for Asthma and COPD patients. Learn how to use your Inhaler with interactive audio-visual instructions. Practice using the innovative webcam feature.

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