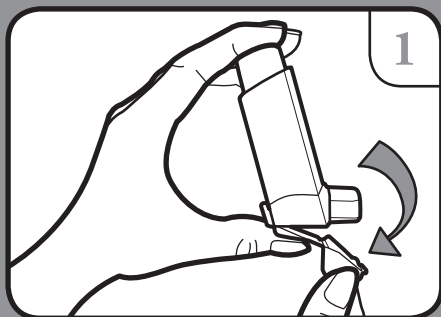
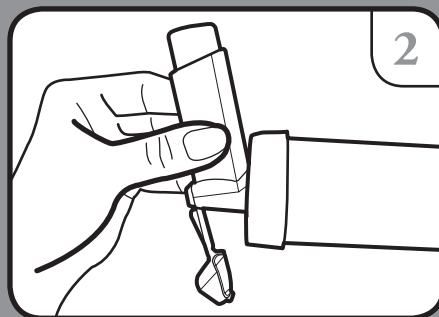


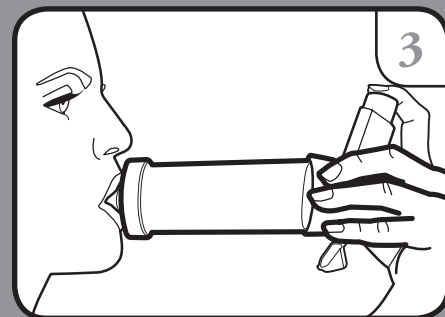
USING YOUR MDI WITH A spacer



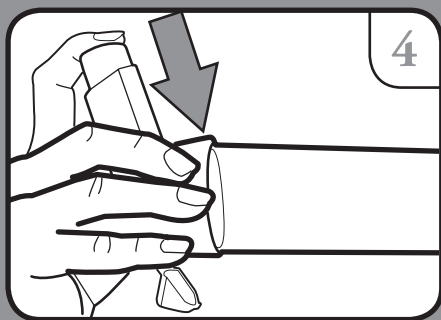
remove the cap from the MDI. Shake the MDI well.



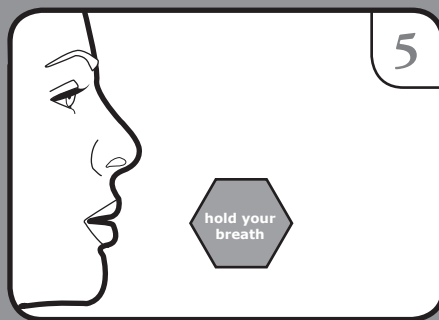
insert the MDI into the spacer.



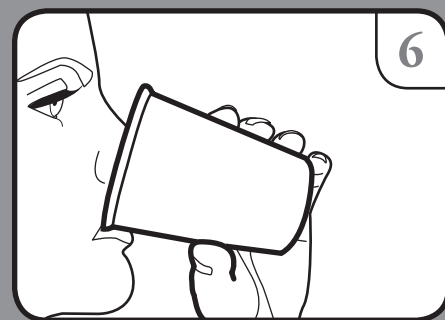
place the mouthpiece of the spacer in your mouth, sealing your lips around it. **Breathe out completely** into the spacer.



press down on the MDI once. This puts one puff of medication into the spacer. **Breathe in slow and deep** for about **3-5** seconds.



remove the spacer from your mouth. **Hold your breath** for **8-10** seconds, then breathe out. If this is difficult, breathe normally into the spacer **3-4** times.



rinse your mouth with water; spit the water out. (If your medication is a corticosteroid e.g. flovent).

*If more than one puff is prescribed, repeat these steps. Wait **30-60** seconds between puffs.*



Respiratory Wellness Centre

RESPIRATORY CARE GROUP

COMMUNITY RESPIRATORY PROGRAM