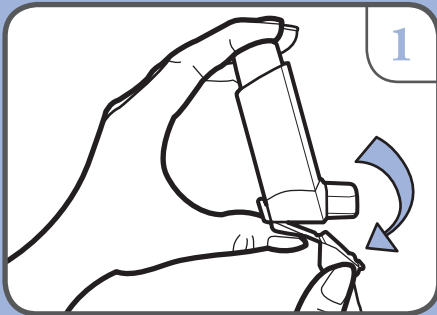
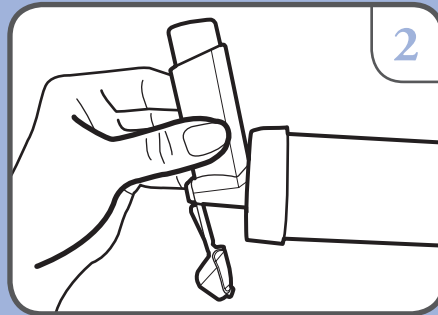


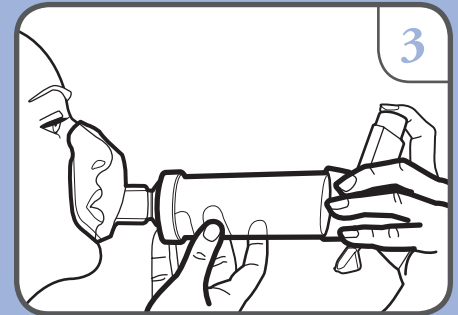
USING YOUR MDI WITH A spacer & mask



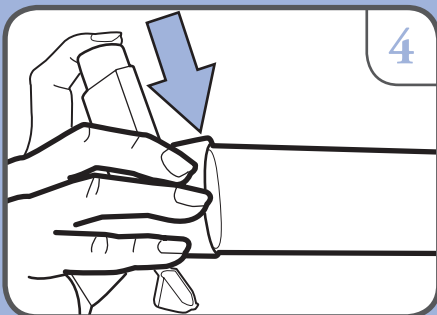
remove the cap from the MDI. Shake the MDI well.



insert the MDI into the spacer.

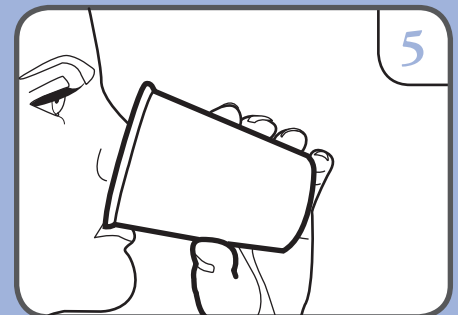


place the mask of the spacer over your nose and mouth. **Breathe out completely** into the spacer.



press down on the MDI once. This puts one puff of medication into the spacer.

- For adults, **inhale slow and deep** for **1** breath.
- For children older than **18** months, **breathe normally** for **5-6** breaths.
- For children less than **18** months, **breathe normally** for **8-10** breaths.



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

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