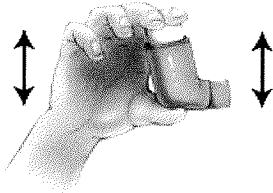
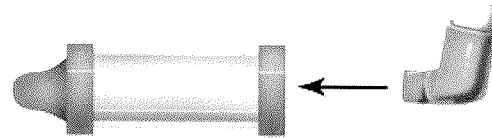


## Using your INHALER and SPACER

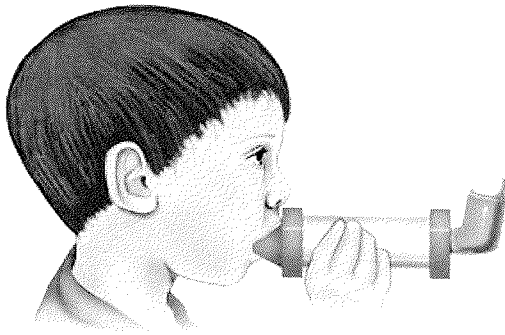
### How to Use a Metered-Dose Inhaler with a Spacer



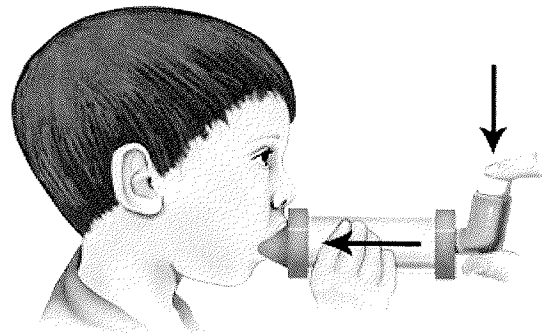
1. Shake the medicine.



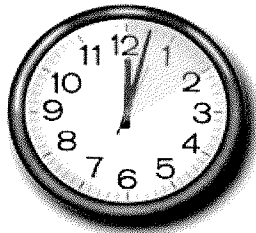
2. Insert the mouthpiece of the inhaler into the rubber-sealed end of the spacer.



3. Breathe all of the air out of your lungs. Then put the spacer into your mouth between your teeth. Make a tight seal around the mouthpiece with your lips.



4. Press the metered-dose inhaler down once to release a spray of medicine. The medicine will be trapped in the spacer. Breathe in slowly and deeply.



5. Hold your breath for at least 5 to 10 seconds. Breathe out slowly.

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\*\*\*\*\*Brush your teeth or rinse your mouth after using your  
STEROID (everyday) inhaler \*\*\*\*