

Step-by-Step: Using an Inhaler with a Spacer

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Wash your hands with soap and water. Check the expiration date of your inhaler.

Remove the cap over the mouthpiece. Shake your inhaler up and down for five seconds.

Prime your inhaler if needed by pushing down on the top three times. Check the inside of your spacer to make sure it is clean and empty.

Attach your inhaler to the back of your spacer. Stand up straight or sit up straight in your chair. Take a big breath in. Let out a big breath.

Place the opening of the spacer between your lips. Press down on your inhaler, releasing one puff.

Take a breath in from the puff from the inhaler for five seconds. Remove the spacer from your mouth and hold your breath for 10 seconds. Let out a big breath.

If instructed by the provider to take another puff, wait 30 seconds, shake the inhaler, and then repeat steps 5 through 14.

Remove your inhaler from the spacer and replace the cap over the mouthpiece. If a steroid was being used in your inhaler, rinse your mouth out with a sip of water.