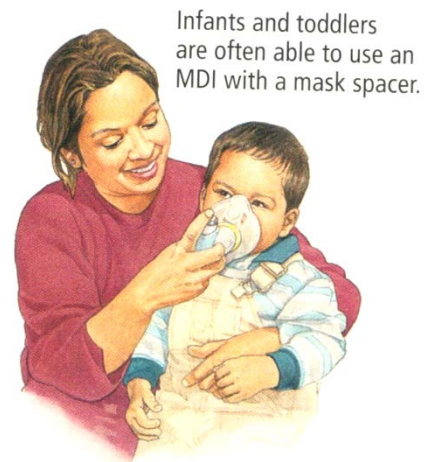


Our doctors recommend that all MDI (aerosol inhalers) are used with a spacer to ensure that all the medicine gets into the lungs and not just into the mouth. To use the inhaler, follow the steps below. Don't forget to keep the inhaler and spacer clean.

### **USING A MDI/AEROSOL INHALER (SPACER WITH MASK FOR CHILDREN UNDER 6 YEARS OF AGE)**

1. Remove cap from inhaler and spacer mouthpiece
2. Insert inhaler into spacer
3. Shake inhaler well
4. Place the mask over the mouth and nose. Hold in place.
5. Press down 1 time on the top of the inhaler. This gives you 1 puff of medicine. Watch child breathe in/out total of 6 times, while mask is held in place.
6. Wait one minute. Repeat step 5 if the medicine requires two puffs per dose.
7. Rinse mouth after use of a steroid inhaler.



### **USING A MDI/AEROSOL INHALER (WITH SPACER FOR CHILDREN OVER 6 YEARS OF AGE)**

1. Remove cap from inhaler and spacer mouthpiece
2. Insert inhaler into spacer
3. Shake inhaler 4-5 times
4. Empty all the air out of your lungs
5. Please mouth around mouthpiece tightly
6. Spray one puff from the inhaler.
7. Take a SLOW, DEEP breath through your mouth
8. Hold breath for 10 seconds. Relax and slowly let air out.
9. Wait one minute.
10. Repeat steps 4-8

