

## **How to use a Metered Dose Inhaler with a Valved Holding Chamber / Spacer**

### **How to use an Inhaler with a valved holding chamber or spacer:**

1. Stand up (or sit up straight).
2. Shake the inhaler well to mix up the medicine (5-10 seconds).
3. Remove the cap from the inhaler and the chamber / spacer. Inspect the inhaler and chamber / spacer to make sure there is nothing in the inhaler or chamber / spacer that could be accidentally inhaled.
4. Insert the inhaler into the spacer\* - hold the inhaler upright or it will not spray correctly. \*Note: With some chambers or spacers, the whole MDI (plastic boot and canister) fit into the end of the spacer. With others, the canister must be removed and put into the opening on top of the chamber / spacer.
5. Exhale all your air out fully (but without force).
6. Before inhaling, put the mouthpiece of the chamber / spacer into your mouth over your tongue and between your teeth. Close your lips around it while tilting your head and the inhaler back slightly.
7. Press down on the inhaler canister and breath in slowly and deeply (over about 5 seconds) in through your mouth. Some chambers will whistle if you are breathing in too fast. If you hear a whistling sound, breathe in slower until no sound can be heard.
8. Hold your breath for 10 seconds.
9. If using a “reliever” (bronchodilator), wait 1-2 minutes between puffs.
10. Rinse your mouth and spit after using a “controller” (corticosteroid) inhaler.

\*Some inhalers should **never** be used with a spacer, these include: Maxair Autohaler®, Azmacort, Pulmicort Turbuhaler®, Ventolin Rotocaps®, and Serevent Diskus®.

### **Cleaning your inhaler and spacer**

1. Clean your inhaler by removing the metal canister and washing the mouthpiece and cap in warm soapy water.
2. Make sure your spacer and inhaler mouthpiece is completely dry before reusing. Check the package insert to see if you can put the spacer on the top shelf of the dishwasher.