

## **How to use a Metered Dose Inhaler with Inspirease® spacer\***

1. Connect the mouthpiece to the reservoir bag by lining up the locking tabs with the opening in the reservoir bag. Push in and twist to lock.
2. Untwist the reservoir bag gently to open it to its full size. Shake the canister well before placing it in the top of the mouthpiece (If desired, you may use the clear plastic actuation aid by placing it over the inhaler. Fit the grooves of the aid into matching slots in the mouthpiece).
3. Place mouthpiece in mouth and close lips tightly around it.
4. Place finger on the canister (or both fingers on the actuation aid finger holds) with thumb under the mouthpiece in thumb hold. Pull down on the inhaler canister to release one puff of medicine into the Inspirease® spacer.
5. Breathe in slowly through the mouthpiece. If you hear a whistling sound, you're breathing in too fast. Breathe in slower until no sound can be heard.
6. Breathe in the entire contents of the spacer bag. You will know when to stop when the bag collapses and you cannot breathe in anymore.
7. Hold your breath while slowly counting to five.
8. Breathe out slowly into the bag.
9. Repeat the breathing in and out steps a second time, keeping lips tightly closed around the mouthpiece.
10. If you are instructed by your doctor to take more than one puff, repeat all the above steps.

### **Cleaning the Inspirease® spacer**

Rinse the mouthpiece with warm running water. Thoroughly dry your mouthpiece before storing. The Inspirease® bag should not be washed, but should be replaced on a regular basis or if the bag becomes punctured, rips or tears (see package insert for details).

\*Inspirease® spacers are often used with metered dose inhalers and are especially good for young children who are just learning to use a inhaler with spacer.