



Correct Use of MDI and Spacer with Mouthpiece

Below are the steps for the correct use of a metered dose inhaler (MDI) and spacer with MOUTHPIECE. Patient should perform the following steps:

1. Shake the canister for 5 seconds.
2. Prime the MDI. (Varies depending on MDI brand, see package insert.) In general:
 - If MDI not used in 2 weeks or has been dropped: spray 2 puffs into air
 - If MDI never used before spray 4 puffs into air
3. Insert the MDI into the spacer.
4. Place the spacer mouthpiece into your mouth between the teeth.
5. Close your lips around the mouthpiece and exhale normally.
6. Press down the top of the canister to release 1 puff of medicine.
7. Inhale the medicine through the mouth deeply and slowly (3-5 seconds). Spacer whistles when breathing in too fast.
8. Hold your breath for 10 seconds and remove the spacer from your mouth before exhaling.
9. Wait one minute before giving another puff of the medication.
10. Caregiver supervises and advises in the process of medication administration with spacer.
11. Repeat steps 4 through 8 depending on how many puffs are indicated on the prescription.

Cleaning Instructions

1. Remove the rubber end of spacer where the MDI fits.
2. Rotate spacer mouthpiece counter-clockwise and lift up to remove.
3. Lift the valve off the clear posts at the end of the chamber.
4. Soak the parts in warm water with clear, liquid detergent for about 15 minutes.
5. Rinse in clean water and shake to remove excess water.
6. Allow all parts to air dry. DO NOT dry with a towel.
7. To reassemble, hold chamber upright and place valve over clear posts. Replace spacer mouthpiece and turn it clockwise until it locks into place. Replace the back rubber end onto the spacer.