Always use your inhaler with a spacer.

- A spacer is a tool that makes your inhaler work better.
- A spacer works by slowing down the medicine so it can go into your lungs instead of hitting the back of your mouth.

1. Get Your Medicine Ready
- **Shake** the inhaler.
- Take the caps off the inhaler and the spacer.
- Connect the inhaler to the spacer.

2. Get Yourself Ready
- **Stand** up straight.
- **Breathe out** to empty your lungs.
- Place your lips tightly around the mouthpiece.

3. Take a Puff
- Press the inhaler to **spray one puff**.
- **Breathe in slowly and deeply**.

4. Hold Your Breath, Then Repeat
- **Hold your breath** while you slowly count to 10.
- **Breathe out**.
- If your doctor wants you to take two puffs, wait 20 seconds before your next puff.
- When you’re done, **rinse** out your mouth and put the caps back on the inhaler and spacer.