

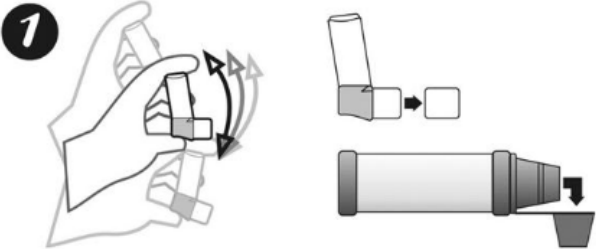
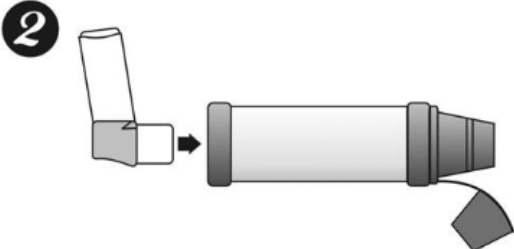
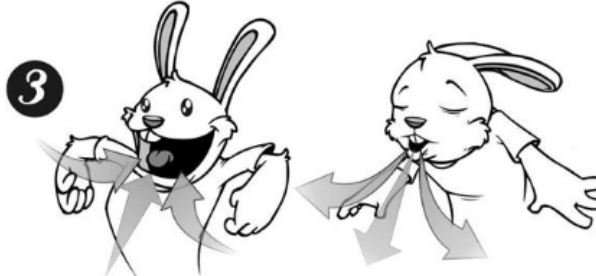
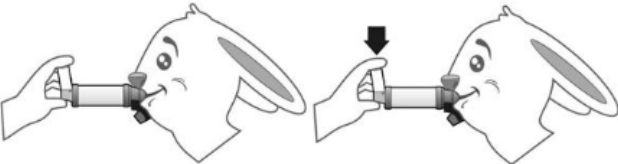
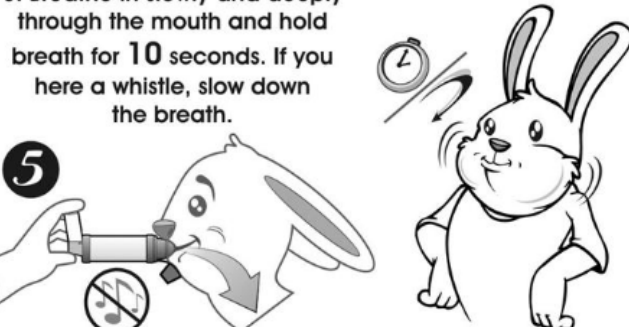
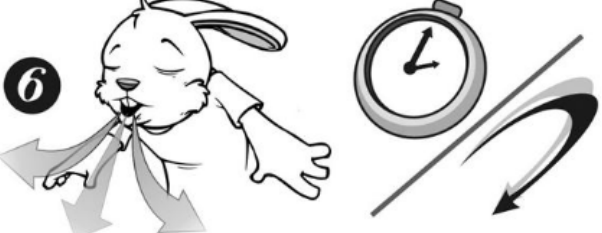


Scan for video

## Using an inhaler with a spacer

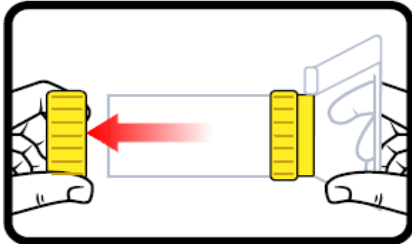
An inhaler is used to get medicine into the lungs. Spacers increase the amount of medicine that reaches the lungs. The spacer helps prevent thrush. Thrush is an infection in the mouth that may happen from controller medicine.

### Spacer with mouthpiece

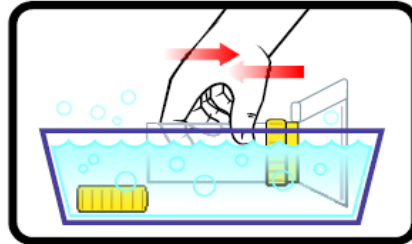
<p>1. Shake the Inhaler well (2-3 seconds) Then remove the caps from the Inhaler and Spacer.</p> 	<p>2. Place the Inhaler into the back of the Spacer.</p> 
<p>3. Take a deep breath and let it all the way out.</p> 	<p>4. Put the spacer mouthpiece into the mouth and close lips tightly around the mouthpiece. Push down on the Inhaler releasing 1 puff into the Spacer.</p> 
<p>5. Breathe in slowly and deeply through the mouth and hold breath for 10 seconds. If you here a whistle, slow down the breath.</p> 	<p>6. Exhale, wait 30 seconds and repeat steps 2-6 for more puffs as prescribed.</p> 

## SPACER CLEANING

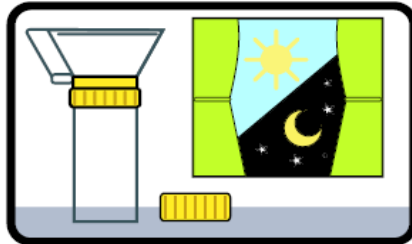
Clean your spacer once a week or sooner if needed.  
Regular Cleaning will prevent powder build up in the spacer.



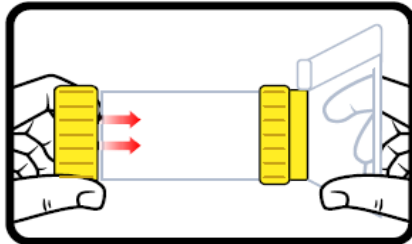
1. Remove the back rubber piece



2. Soak both parts in warm water with liquid detergent for 15 minutes. Move gently. Do not scrub inside. Rinse.



3. Air dry in vertical position. Do not rub dry.



4. Replace the back rubber piece.

## Priming inhalers

(practice spraying into the air)  
is important to get the proper dose of medicine.

Name	Priming (practice spraying into the air)	
<b>Ventolin®</b> (albuterol)	<b>First time:</b> Spray 4 times in air.	<b>If not used in 2 weeks or dropped:</b> Spray 4 times in air
<b>ProAir®</b> (albuterol)	<b>First time:</b> Spray 3 times in air.	<b>If not used in 2 weeks:</b> Spray 3 times in air
<b>Proventil®</b> (albuterol)	<b>First time:</b> Spray 4 times in air.	<b>If not used in 2 weeks or dropped:</b> Spray 4 times in air
<b>Xopenex®</b> (levalbuterol)	<b>First time:</b> Spray 4 times in air.	<b>If not used in 3 days:</b> Spray 4 times in air