



## What you need to know about...

### Spacers and Metered Dose Inhalers

Many medicines used to treat asthma come in an inhaler called a Metered Dosed Inhaler or MDI. These medicines are activated by pushing down on the canister to make the medicine come out. It comes out in a fast, short burst. If used correctly an MDI is a very good way to get the medicine right to your lungs where it is needed.

In order to get the most medicine into your lungs we always recommend that you use a spacer device. There are many different types of spacers and your healthcare provider can write a prescription for the one that is best for you. Your healthcare provider or pharmacist can help teach you exactly how to use the one prescribed for you.

#### How to Use Your Spacer and MDI

1. Make sure to remove all food, candy and gum from your mouth.
2. Stand or sit up straight.
3. Remove the cap from your inhaler and the cap off the spacer, check to see if there is anything in the mouthpiece so that you don't breathe it in.
4. Shake the inhaler.
5. Place the inhaler into the spacer.
6. Take a deep breath in and blow out deeply.
7. Place the spacer in your mouth.
8. Wrap your lips tightly around the mouthpiece.
9. Start to breath in slowly.
10. Press down and pump your inhaler – continuing your slow deep breath in.
11. Hold your breath for 10 seconds.

12. Exhale.

13. Wait briefly – repeat steps 4-12 if an additional dose (puff) of medicine is needed.

#### Medication Tips

If your healthcare provider has given you more than one inhaler to use it is important to know which one to use first. The order in which you take your medicine can be very important.

#### Spacer Tips

- Clean your spacer and MDI each week to prevent buildup of the medicine in the Spacer and mouthpiece .
- Take the spacer apart (as recommended by manufacturer's instructions) and wash each piece separately.
- Some spacers have a delicate soft valve disk under the mouthpiece, when removing do not rip disk.
- Replace spacer if disk begins to harden or curl.
- Wash with warm soapy water, do not rinse.
- Let pieces air dry on a clean lint-free towel before using spacer again.

#### MDI Tips

- Remove the metal canister from the L-shaped plastic tube.
- Rinse only the mouthpiece and cap in warm water.
- Let plastic pieces dry overnight.