
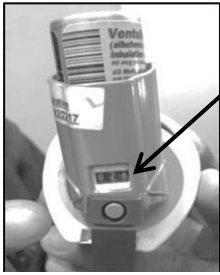


# How to Use your Inhaler and Spacer

 To watch video, go to: [DenverHealth.org/Asthma](https://www.denverhealth.org/asthma)



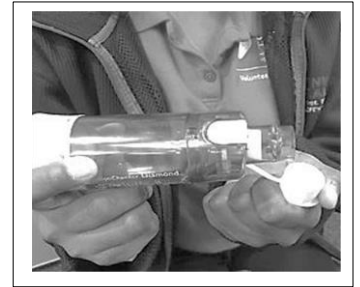
- If it is on zero (0), the inhaler is out of medicine.
- Get a new one as soon as possible.

**BEFORE you start, check the counter.**

**Prime** the inhaler if needed (see boxes below).



**1. Sit or stand up straight.**



**2. Take the cap off the spacer.**



**3. Connect the inhaler to the spacer.**



**4. Shake the inhaler and spacer straight up and down. Do at least 5 hard shakes.**



**5. Breathe OUT all of the air in your lungs.**



**6. Close your lips around the mouthpiece.**



**7. Push on the top of the inhaler to make it spray medicine.**



**8. Breathe IN slowly and deeply over about 5 seconds.**

If you hear a whistle sound, STOP. Breathe in more gently and slowly.



**9. Hold your breath for 10 seconds.**

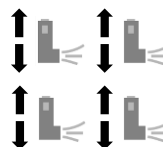
### If you need another puff of medicine:

- Take a short break (15-30 seconds)
- **Repeat steps 4-9** (be sure to **SHAKE** the inhaler again!)



### How to "PRIME" your inhaler (get it ready to spray the medicine)

**For NEW inhalers:** Before using, shake **AND** spray the inhaler **4 times** into the air.



**For inhalers you have used:**

- If you drop your inhaler
- If you haven't used it for 7 days.

Before using again, shake **AND** spray the inhaler **2 times** into the air.

