

Check Your Inhaler Technique

With Spacer (best method)				
Steps	✓	✓	✓	✓
1. Shake the inhaler for 15 seconds and put it in the spacer.				
2. Breathe out all the way.				
3. Put the mouthpiece of the spacer in your mouth.				
4. Squeeze the inhaler once.				
5. Breathe in slowly as deeply as you can.				
6. Hold your breath for 10 seconds.				
7. Wait 1 minute between puffs of quick relief medication . (There is no need to wait between puffs of the other inhalers).				
Open Mouth (2 nd best method)				
Steps	✓	✓	✓	✓
1. Position the inhaler 2 fingers away from your mouth.				
2. Start breathing in slowly through your mouth as you...				
3. Squeeze the inhaler once.				
4. Keep breathing in slowly as deeply as you can.				
5. Hold your breath for 10 seconds.				
6. Wait 1 minute between puffs of quick relief medication . (There is no need to wait between puffs of the other inhalers).				