



A project of the American Lung Association in New York  
[www.rcanasthma.org](http://www.rcanasthma.org)

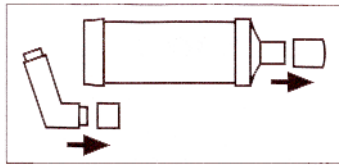


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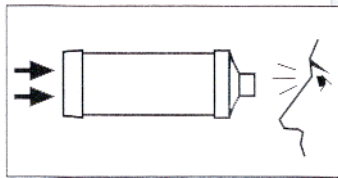
## How To Use A Spacer/ Holding Chamber (with a Metered Dose Inhaler)

HFA inhalers need to be cleaned and primed more often than the CFC old version. Inspect for clogs. Wash and air dry according to the insert, weekly- both your medication housing and your holding chamber. Most HFA inhalers need to be Primed or “puffed” into the air 4 TIMES if the unit is not used in the past 2 weeks. Holding Chambers should be used with all MDIs, Rescue or Controller Medications. For more information, go to your medication’s pharmaceutical company’s website or ask your asthma health care provider.

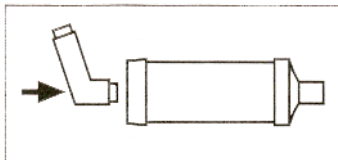
1. Take the mouthpiece caps off of both the metered dose inhaler and the spacer.



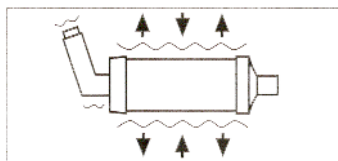
2. Look inside both ends of the spacer for anything that doesn't belong there.



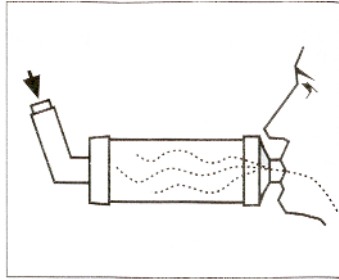
3. Put the metered dose inhaler mouthpiece into the opening at the end of the spacer.



4. Hold the spacer and the metered dose inhaler together and shake well, at least 4 or 5 times.



5. Place the spacer in your mouth and put your lips around the mouthpiece. Exhale all the way into the mouthpiece. Spray **one** puff of the medicine into the spacer and right away start to inhale slowly, taking a **SLOW** full deep breath. The spacer's warning signal will tell you if you are breathing in too fast. If you hear the whistle, breathe more slowly and keep taking a deep breath.



6. Take the spacer out of your mouth. Hold your breath for 8-10 seconds and then breathe out slowly, through your nose if possible.
7. If your doctor has told you to take more than one puff, repeat steps 4, 5 and 6. Follow your doctor's orders. **Be sure to wait at least one minute between each puff.**
8. Take the metered dose inhaler out of the spacer and replace the caps on both the metered dose inhaler and the spacer before you put them away.