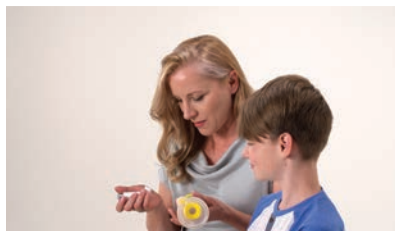


How to Use a Metered-Dose Inhaler with a Valved Holding Chamber (Spacer) and Mask

Prime a brand-new inhaler: Before using it for the first time, if you have not used it for more than 7 days, or if it has been dropped.



1. Shake inhaler 10 seconds.



2. Take the cap off the inhaler. Make sure the mouthpiece and valved holding chamber are clean and there is nothing inside the mouthpiece.



3. Put inhaler mouthpiece into the open end of the chamber/spacer. Put mask onto the chamber if it is not already attached.



4. Place the mask over the individual's nose and mouth making a tight seal.



5. Press down on the inhaler once.



6. Hold mask on individual's face, while they take 6 regular breaths.

If you need another puff of medicine, wait 1 minute and repeat steps 4-6.



7. Rinse with water and spit it out. Wipe face with damp cloth.

Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials and resources, visit [Lung.org](https://www.lung.org).

Scan the QR Code to access How-To Videos



You can also connect with a respiratory therapist for one-on-one, free support from the American Lung Association's Lung HelpLine at **1-800-LUNGUSA**.