

UNIVERSITY STUDENT HEALTH SERVICES • Fact Sheet

HOW TO USE A SPACER

1. Remove the caps from the inhaler and the spacer.
2. Shake the inhaler, and insert it into the back of the spacer.
3. Place the mouthpiece in your mouth, and press the canister once to release one dose of medication.
4. Take a slow deep breath in. If you hear a whistling sound, you are breathing in too quickly.
5. Hold your breath for 10 seconds if possible.
6. Then breathe out through the mouthpiece.
7. Breathe in through the mouthpiece one more time to get all the medication. This still counts as one puff of the medication.
8. Repeat steps 2-7 for the second puff of medication.

