

Using Your MDI With a Spacer

Patient Education Guide

AMERICAN COLLEGE OF
CHEST
P H Y S I C I A N S

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To make your breathing better, you **MUST** take your medicine as explained below. Following these instructions puts more of the medicine into your lungs. This will open up your air passages and help you breathe easier and feel better. You need to ask your health-care provider or pharmacist how many puffs of medicine your metered-dose inhaler (MDI) has when it is full. You need to keep track of how many puffs of medicine you take every day, so you can have your MDI refilled before you run out of medicine. Before using the MDI, please read the priming or preparing instructions. Your MDI and spacer should be cleaned once a week. See instructions on cleaning your MDI.



1 Take cap off MDI. Check for and remove any dust, lint, or other objects. Shake MDI well.



2 Attach MDI to spacer.



3 Sit up straight and breathe out normally.



4 Put mouthpiece of spacer in your mouth. Close your lips around the mouthpiece and make a tight seal. Press down on the MDI. This puts one puff of medicine into the spacer.



5 To breathe in that one puff of medicine, **TAKE A SLOW, DEEP BREATH.** Breathe in as much air as you can. Try to fill up your lungs completely. It is important that the breath be **SLOW** and **DEEP.**



6 Remove the mouthpiece from your mouth. **HOLD** your breath for 10 seconds. If you cannot hold your breath for 10 seconds, hold your breath as long as you can.



7 If you need to take another puff of medicine, wait 1 minute. After 1 minute, repeat steps 3-6.



8 Recap the MDI. Rinse your mouth with water after you have taken your last puff of medicine. Make sure you spit the water out, do not swallow it. *Rinsing is only necessary if the medicine you just took was a corticosteroid, such as Flovent®, Beclovent®, Vanceril®, Aerobid®, or Azmacort®.*

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