

To use your MDI with a spacer:

- 1 Shake the inhaler well before use (three or four shakes)
- 2 Remove the cap from your inhaler, and from your spacer, if it has one
- 3 Put the inhaler into the spacer
- 4 Breathe out, **away** from the spacer
- 5 Bring the spacer to your mouth, put the mouthpiece between your teeth and close your lips around it
- 6 Press the top of your inhaler once
- 7 Breathe in **slowly** until you've taken a full breath  
If you hear a whistle sound, you are breathing in too fast  
**Slowly** breathe in
- 8 Hold your breath for about ten seconds, then breathe out

