Puffer and Spacer

**Method 1: Steps for using an inhaler with a spacer**

1. Assemble spacer (if necessary)
2. Remove the inhaler cap
3. Hold inhaler upright and shake
4. Insert inhaler upright into spacer
5. Place lips around mouthpiece, forming a good seal
6. Breathe out normally into spacer
7. Press down on canister to release one dose
8. Breathe in slowly and deeply
9. Hold breath for 5-10 seconds, or as long as comfortable
10. Breathe out gently, away from mouthpiece
11. If an extra dose is needed, repeat steps 3 to 10
12. Take inhaler out of the spacer and replace cap

**Method 2: If unable to take one deep breath (Tidal breathing method)**

1. Assemble spacer (if necessary)
2. Remove the inhaler cap
3. Hold inhaler upright and shake
4. Insert inhaler upright into spacer
5. Place lips around mouthpiece, forming a good seal
6. Breathe out normally into spacer
7. Press down on canister to release one dose
8. Take 4 normal breaths in and out
9. If an extra dose is needed, repeat steps 3 to 9
10. Take inhaler out of the spacer and replace cap

**How do I clean a spacer?**

A reusable spacer must be cleaned before first use, and every 2-4 weeks thereafter.

- Pull spacer apart where possible
- Wash in warm soapy water and allow to drip-dry
- After washing, DO NOT rinse the spacer
- DO NOT dry the spacer with a cloth, as this can result in static build up inside of the spacer
- DO NOT put the spacer in a dishwasher

**How long does a spacer last?**

Check a spacer every 6-12 months for cracks or other damage. Replace as needed.