

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.