

How to Use A Metered-Dose Inhaler With Spacer

Prime a brand-new inhaler: Before using it for the first time, if you have not used it for more than 7 days, or if it has been dropped.



1. Shake the inhaler for 10 seconds.



2. Remove the cap from the inhaler and chamber/spacer. Make sure the mouthpiece and spacer are clean, and there is nothing inside the mouthpiece.



3. Put the inhaler into the spacer.



4. Breathe out away from the device.



5. Put the chamber mouthpiece in your mouth.



6. Press the inhaler once and breathe in deeply and steadily.



7. Hold your breath for 10 seconds, then slowly breathe out.

If you need another puff of medicine, wait 1 minute before repeating steps 4-7.



8. Rinse with water and spit out.

Proper inhalation technique is important when taking your asthma medicine(s) and monitoring your breathing. Make sure to bring all your medicines and devices to each visit with your primary care provider or pharmacist to check for correct use, or if you have trouble using them.

For more videos, handouts, tutorials, and resources, visit [Lung.org](https://www.lung.org).

Scan the QR code to access How-To Videos.



You can also connect with a respiratory therapist for one-on-one, free support from the American Lung Association's Lung HelpLine at **1-800-LUNGUSA** (1-800-586-4872).