

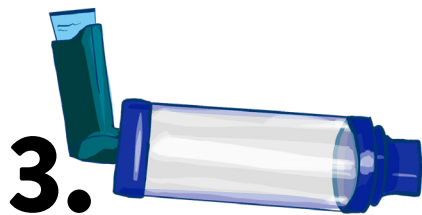
HOW TO USE A METERED-DOSE INHALER WITH A VALVED HOLDING CHAMBER (SPACER)



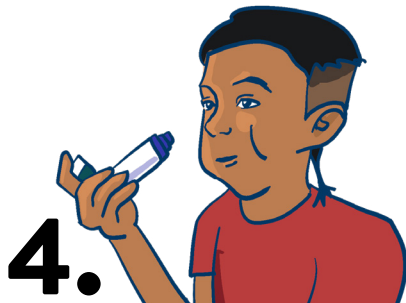
1. Shake inhaler for 10 seconds.



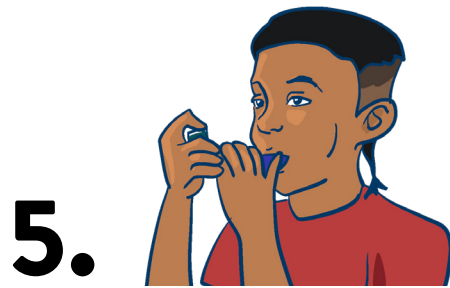
2. Take the cap off the inhaler and valved holding chamber. Make sure the mouthpiece and valved holding chamber are clean and there is nothing inside the mouthpieces.



3. Put inhaler into the chamber/spacer.



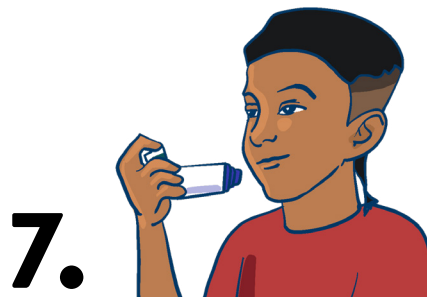
4. Breathe out away from the device.



5. Put chamber mouthpiece in mouth.



6. Press inhaler once and breathe in deep and steadily.



7. Hold your breath for 10 seconds, then breathe out slowly. If you need another puff of medicine, wait 1 minute and repeat steps 4-7.



8. Rinse with water and spit out (if inhaler has steroid medication).