

How to Use a Metered-Dose Inhaler (MDI) with a Plastic Spacer Tube

— Correct Use • Better Delivery —

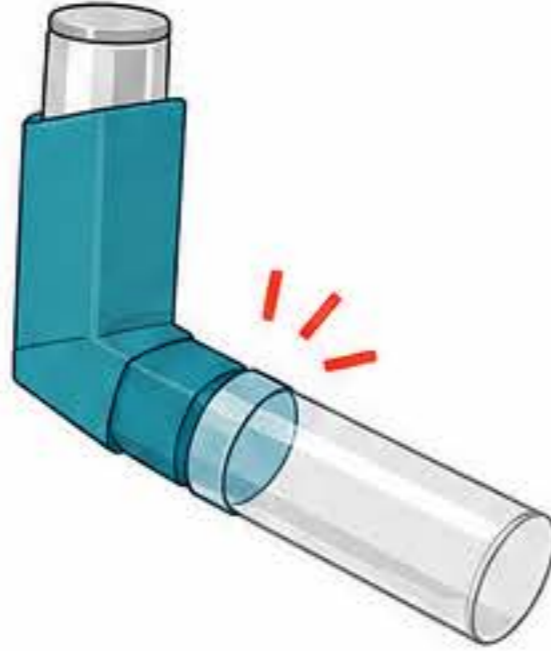
1 Prepare

Remove the cap!
Shake the inhaler well up and down.



2 Attach Spacer Tube

Attach the plastic spacer tube firmly.



3 Inhale + Press the Canister

1. Exhale slowly, then place your mouth around the spacer tube mouthpiece.
2. Begin to inhale slowly and deeply, and at the same time, **press down on the canister once**. Continue to inhale slowly and deeply. **Do not stop!**



4 Hold Breath 10 Seconds, Then Exhale Slowly

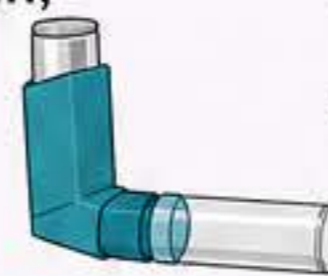
1. After inhalation, hold your breath for about **10 seconds**.



2. Then exhale slowly.



If your doctor has prescribed a second puff, wait about **30 seconds**, then repeat the steps for the second inhalation.



Wait about 30 seconds



! Important Notes & Care



Prime New or Unused Inhalers

For a new inhaler, or if it has not been used for more than 3 days, prime it by spraying 1–2 puffs into the air first. Make sure a mist is released before using.



Rinse Your Mouth

If your medication contains a corticosteroid (as directed by your healthcare provider), rinse your mouth with water and spit it out after inhalation to help prevent oral thrush and hoarseness.



Clean the Plastic Housing Regularly

At least once a week, remove the metal canister and wash the plastic housing and cap with warm water. Rinse well and air-dry completely before reassembling. This helps prevent blockage caused by medication residue.



Help for Difficulty Coordinating Hand and Breath

For older adults, young children, or anyone having trouble coordinating hand and breath—especially during an asthma attack—using a holding chamber (spacer) is strongly recommended. It can greatly improve the success of inhalation.



Using your inhaler correctly helps deliver the medicine deep into your lungs and control your symptoms more effectively!

If you have any questions, please consult your healthcare provider.