

## **Are you using your inhaler correctly?**

Would you like to view a “How-to-use” video on your computer?

Listed below are the instructions for viewing inhaler videos on your computer.

### **To Access Inhaler Videos:**

1. Go to [www.copdfoundation.org](http://www.copdfoundation.org)
2. Hover your mouse over tab at top Labeled “Learn More”.
3. On left column under ‘Patients & Caregivers’, single click on “Education Video Series”.
4. Scroll down page & single click on box labeled ‘Use Inhalers – view video series’.
5. Scroll down page & click on the Image of the inhaler you use to watch the video.

**Printed from Krames Online:**

<http://gvmh.kramesonline.com/HealthSheets/3,S,82455>

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## Using an Inhaler with a Spacer

To control asthma, you need to use your medications the right way. Some medications are inhaled using a device called a **metered-dose inhaler** (MDI). Metered-dose inhalers deliver medication with a fine spray. You may be asked to use a **spacer** (holding tube) with your inhaler. The spacer helps make sure all the medication you need goes into your lungs.

### Steps for Using an Inhaler with a Spacer

#### Step 1:

- Remove the caps from the inhaler and spacer.
- Shake the inhaler well and attach the spacer. If the inhaler is being used for the first time or has not been used for a while, prime it as directed by the manufacturer.

#### Step 2:

- Breathe out normally.
- Put the spacer between your teeth. Close your lips tightly around it.
- Keep your chin up.

#### Step 3:

- Spray 1 puff into the spacer by pressing down on the inhaler.
- Then breathe in through your mouth as slowly and deeply as you can. This should take about 5-10 seconds. (If you breathe too quickly, you may hear a whistling sound in the spacer.)

#### Step 4:

- Take the spacer out of your mouth.
- Hold your breath for a count of 10.
- Then hold your lips together and slowly breathe out through your mouth.



Woman using an inhaler with a spacer attached.

If you're prescribed more than 1 puff of medication at a time, wait at least 30 seconds between puffs. This number may be different for different medications. Shake the inhaler again. Then repeat steps 2 to 4.