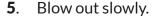
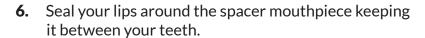


How to Use Your Puffer and Spacing Device

- 1. Remove all caps from the puffer and spacer.
- 2. Shake for 10 seconds.
- **3.** Place the puffer in the end of the spacer.
- **4.** Tilt your head back slightly and sit up straight.





- 7. Press down on the puffer **ONE TIME ONLY**.
- 8. Take a SLOW deep breath in.
- 9. If you hear the whistle, you are breathing in too fast.



10. Hold your breath for up to 10 seconds.



- **11.** Wait one minute before using your puffer again. This gives the medicine and propellant enough time to mix together.
- **12.** Repeat steps 2 to 11 for as many puffs as your doctor has ordered.
- **13.** When you are done, rinse, gargle and spit.
- **14.** Remove puffer from spacer and replace the cap on the puffer after use.
- **15.** To tell if your puffer is empty, take the metal canister out of the plastic cover and shake by your ear. If you can't hear / feel the liquid moving in the canister, it is empty.
- **16.** Store your puffer in a cool, dry place.

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