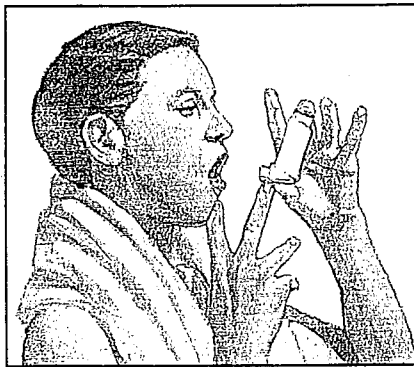


Using an Asthma Inhaler

An asthma inhaler delivers medicine directly to your lungs. There are many kinds of inhalers. Your doctor will help you find the kind that works best for you.

1. Get Ready

- Remove the cap. Hold the inhaler upright.
- Shake the inhaler. Tilt your head back slightly.
- Breathe out slowly. Then hold the inhaler in one of these ways:



Open mouth with inhaler
1 to 2 inches away.



Using a spacer (holding chamber).



In the mouth.

2. Spray a Puff

- As you start to breathe in, push down on the top of the inhaler and keep breathing in slowly.
- Then hold your breath for 10 seconds.
- Wait 1 minute. Repeat all steps as directed.

Important:

If you use more than one inhaler, ask your doctor what order to take them in.

Notes

