



How to Use Your Metered Dose Inhaler with a Valved Holding Chamber Spacer Device

NOTE – If your medication inhaler hasn't been sprayed in one week, please prime it as noted below. Also prime every new inhaler before the first use.

1. Remove cap on the medication inhaler and shake vigorously 10 times.
2. PRIME the inhaler (see NOTE above) by releasing four sprays (or per the manufacturer's direction) into the air, and away from your face.
3. Insert the medication inhaler into the spacer device (see Figure 1).
4. Breathe out gently to empty your lungs.
5. Place mouthpiece in your mouth like a straw, making a tight seal.
6. Push down once on top of the medication inhaler to release one spray of the medication into the device (see Figure 2). Release only 1 spray of medication into the chamber at a time.
7. Take a slow and deep (big) breath in through your mouth (see Figure 3). SOME valved holding chambers make a noise when you breathe in too fast.



8. Hold your breath for at least 5-10 seconds. You may leave the spacer mouthpiece in your mouth or remove it for this step.
9. Relax and breathe out slowly.
10. If additional sprays are ordered repeat steps 4-9. For inhaled quick-relief medicine (i.e. Albuterol, Xopenex, Ventolin, Proventil, ProAir) wait 1-3 minutes between sprays. There is no need to wait between sprays for other medicines.

Clean the spacer at least once a week.

1. Remove medication inhaler from the spacer and set aside.
2. Remove the rubber end that holds the medication inhaler onto the spacer.
3. Wash all parts of the spacer with mild soapy water and rinse thoroughly.
4. Air dry the spacer, making sure it is dry before the next use.
5. Refer to product package insert for specific instructions.

For more asthma resources visit
sutterhealth.org/services/asthma