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## ***Instructions for Inhaler Use***

1. Remove the cap and hold inhaler upright.
2. Shake the inhaler
3. Tilt your head back slightly and breathe out slowly so that you will be ready to inhale the medication.
4. Place the end of the inhaler in your mouth and close your lips around it.
5. Press down on the inhaler to release medication as you start to breathe in (or within the first second of inhalation). Press your inhaler only once while you are inhaling (one breath for each puff).
6. Breathe in slowly (3-5 seconds), evenly, and deeply. Breathe in through your mouth, not your nose. Make sure you breathe in evenly and deeply.
7. Hold your breath for 10 seconds to allow the medicine to reach deeply into your lungs.
8. Repeat puff as directed. Waiting 1 minute between puffs may permit second puff to penetrate your lungs better.
9. Spacers/holding chambers are useful for all patients. They are particularly recommended for young children and older adults and for use with inhaled steroids.