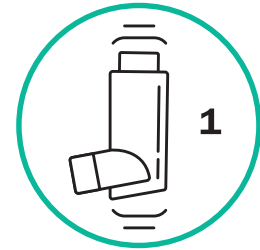
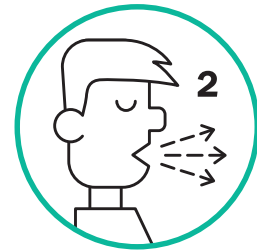


- 1 Shake the bottle if necessary, and remove the cap/mouthpiece.

Some inhalers require spraying into the air before using (this is called priming the inhaler). In some cases if the puffer has not been used in a while you will need to repeat this step. Information for your puffer can be found below:



- 2 Breathe out slowly to empty your lungs.

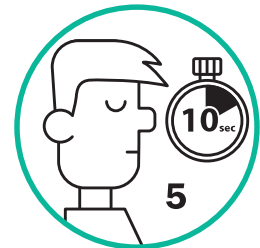


- 3 Hold canister upright and place lips around the mouthpiece (keep your teeth apart and tongue out of the way to prevent blocking the medication).



- 4 Press down while breathing in deeply.

- 5 Hold your breath for 10 seconds (or as long as you are comfortable).



- 6 Breathe out gently through your nose.

- 7 Put the cap back on the inhaler.

- 8 Some inhalers will require you to rinse your mouth when you are finished.

Notes:

- To clean the inhaler, remove the canister and run warm water through the mouthpiece and allow to air dry overnight.
- If you have difficulty using this inhaler, a spacer or Aerochamber can be attached to make it easier to use. Please let us know.