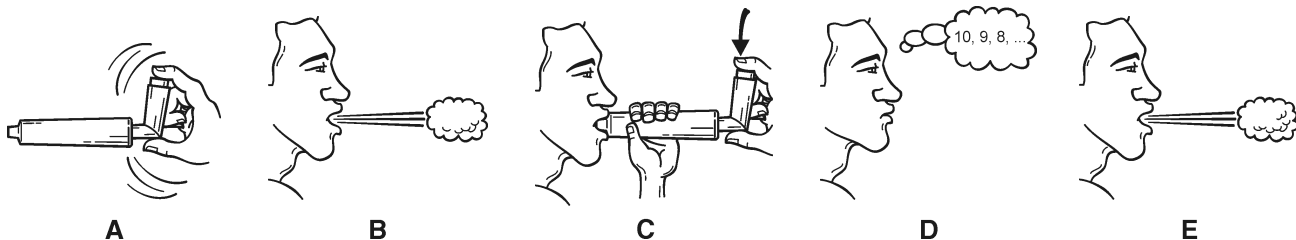


Closed-mouth Technique

1. Remove dust cap from inhaler. Attach inhaler to spacer/holding chamber if you have one. Shake the inhaler well as shown in drawing A.
2. Blow out all the air in your lungs (see drawing B).
3. Seal lips tightly around the mouthpiece. As you breathe in slowly, press down on the inhaler to release the medicine until your lungs are full (see drawing C).
4. Hold your breath for 10 seconds to allow the medicine to reach deeply into your lungs (see drawing D).
5. Blow out the air in your lungs (see drawing E).



Open-mouth Technique

1. Take off the cap. Shake the inhaler as shown in drawing F.
2. Stand up and tilt your head back a little (see drawing G).
3. Place your hand between your mouth and the inhaler as shown in drawing H to measure how far away the inhaler should be from your mouth.
4. Take a cleansing breath; in and out.
5. Open your mouth wide; start to breathe in slowly; push down on the inhaler; while continuing to breathe in (see drawing I).
6. Hold your breath; count to 10; then breathe out.
7. If your asthma care plan instructs you to use 2 puffs, wait 1 minute and repeat steps 1-6.

