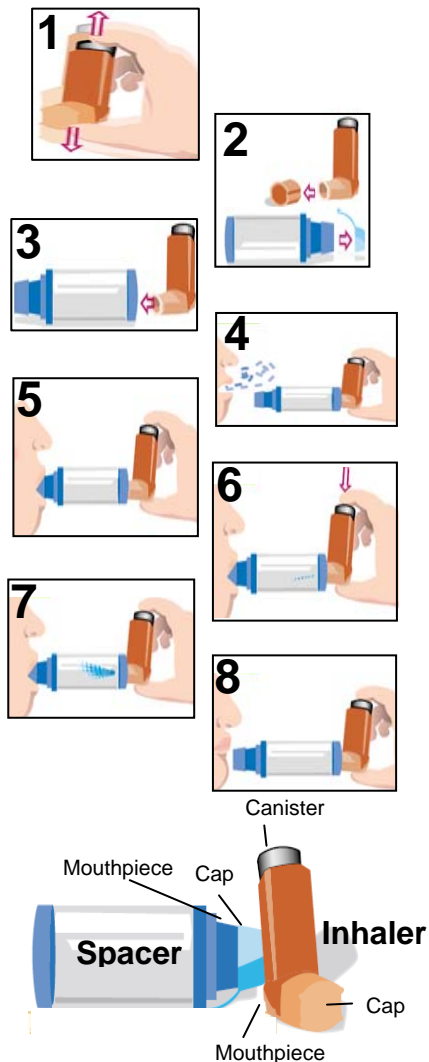




Using your HFA Metered Dose Inhaler and Spacer (e.g., Ventolin[®] HFA, Proventil[®] HFA): Steps 1 to 10

(NOTE: The inhaler must be PRIMED before using for the first time, or if it has not been used in the last 14 days, or if it has been dropped.)



1. Shake the inhaler hard up and down **5 times**.
 2. Uncap inhaler and spacer mouthpieces and look for loose objects in the devices.
- IF PRIMING IS NEEDED: Push down inhaler canister one time, spraying into the air away from your face. Shake 5 times more and spray 3 times into the air.
3. Push the inhaler mouthpiece into the spacer so that it fits snugly.
 4. **Breathe OUT normally** and away from the spacer. Don't breathe in until step #7.
 5. Put the spacer mouthpiece in your mouth in between your teeth. Close your lips around the spacer mouthpiece and keep your tongue out of the way of the mouthpiece.
 6. Press down on the inhaler canister **1 time**.
 7. **Breathe IN slowly** to fill your lungs full of medicine. If you hear a whistling sound, you are breathing in too fast and need to slow down.
 8. **Hold your breath for 5 to 10 seconds**. We want to keep your lungs filled with medicine for 5 to 10 seconds.
 9. **Take spacer out of your mouth and breathe normally.**
 10. Wait **15 to 30 seconds** before repeating steps 1–9 for the **second puff**.