## WITHOUT SPACER







- 1. Shake the inhaler for 5 seconds to mix the medicine. Remove the cap from the mouthpiece.
- Open your mouth with the inhaler 1 to 2 inches away. Hold the inhaler between your index finger and thumb. Stand up and take a deep breath. Then breathe out as much as you can.
- 3. With mouth open, take a slow, deep breath through the mouth while, at the same time, firmly pressing down on the canister to release the medicine. If you breathe in too quickly, the medicine will hit the back of your throat and will not reach your lungs.
- 4. Hold your breath for 5 to 10 seconds—as long as you comfortably can, with your mouth closed. Breathe out slowly through your mouth.
- 5. Wait 1 minute before taking a second puff, if so directed. Repeat steps 1 through 4 if taking a second puff.

## Additional Inhaler Tips

- 1. Always shake well before each use.
- Use as directed by your physician. If you feel like you need it more often, talk to your doctor.
- Always keep the protective cap on the inhaler when not in use. Store your inhaler in a clean plastic bag while carrying it in your pocket or purse.
- 4. Store your inhaler in a cool, dry place. Never store it in your car. At high temperatures, the medicine in your inhaler will begin to lose its effectiveness.