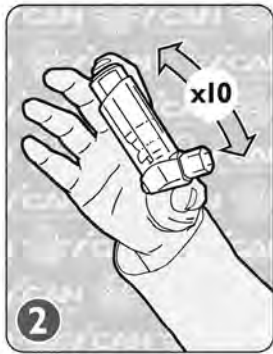


METERED DOSE INHALER (MDI)

INHALER / "PUFFER" WITH SPACER & MASK (UP TO 4 YEARS)



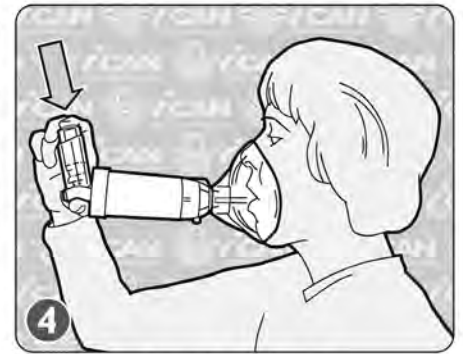
OPEN



SHAKE



INSERT



PRESS DOWN



BREATHE IN & OUT



REMINDER



DRINK OR BRUSH TEETH

IMPORTANT INFORMATION

Note: Using an inhaler without a spacer is **NOT** recommended
Spacer with mask is recommended to improve medication delivery to the lungs

Mask size: Masks come in **infant, child** and **adult** sizes.
Switch to spacer without mask at 4+ years of age unless physically or developmentally not able to.
The mask should **NOT** cover the eyes. Make sure the mask covers the mouth and nose snugly.

Spacers: Replace spacer if valves are missing or broken.
Cleaning: Soak in warm soapy water. Let it dry.

Empty?: Shake it. If it feels light or you do not feel liquid moving, it is empty and needs to be replaced. Some devices have counters. "0" means it is empty.

Expired?: Pull the metal canister out of the plastic sleeve to check the expiry date on the canister.

Reminder: Replace cap on plastic sleeve to store MDI.
Ask your pharmacy how to safely throw away medicines and asthma devices

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.

Developed by the Community Pediatric Asthma Service, Calgary and area.

For more information on asthma medications and device demos, visit our website at:
www.ucalgary.ca/icancontrolasthma

