


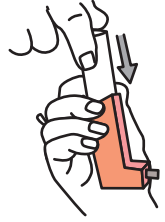
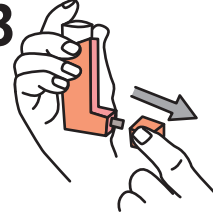
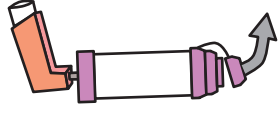
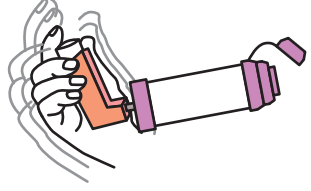
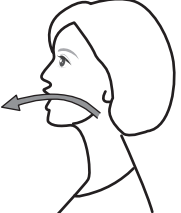
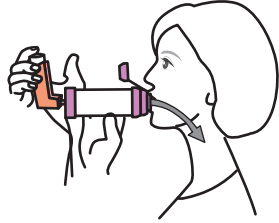
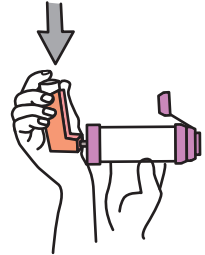
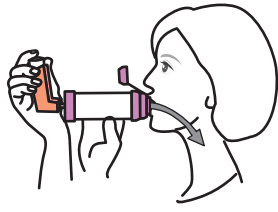



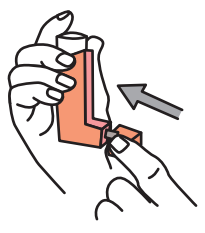
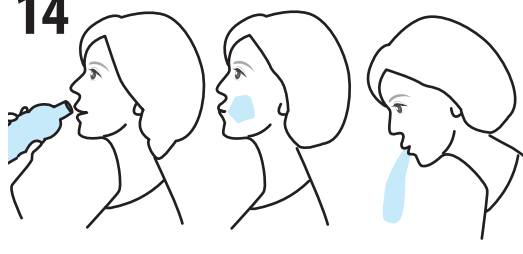

PRESCRIPTION _____

Metered Dose Inhaler (MDI) with a Mouthpiece Spacer/Chamber

Patient Name: _____

Dosage (number of puffs): _____

Number of times each day: _____

<p>1</p>  <p>Wash hands with soap and water</p>	<p>2</p>  <p>Insert MDI metal canister into plastic "boot" holder</p>	<p>3</p>  <p>Remove both mouthpiece and spacer caps</p>	<p>4</p>  <ul style="list-style-type: none">▪ Insert mouthpiece in spacer opening▪ MDI canister upright position	<p>5</p>  <p>Shake with spacer attached several times</p>
<p>6</p>  <ul style="list-style-type: none">▪ Breathe out away from the spacer▪ To the end of a normal breath	<p>7</p>  <ul style="list-style-type: none">▪ Place spacer mouthpiece into mouth▪ Past teeth and above tongue▪ Close lips around mouthpiece▪ If spacer with mask, mask goes over nose and mouth▪ Good seal against cheeks and chin▪ No space between mask and skin	<p>8</p>  <ul style="list-style-type: none">▪ Press down ONCE on the top of metal canister once▪ Release medicine into spacer		
<p>9</p>  <ul style="list-style-type: none">▪ Breathe in DEEPLY and SLOWLY through mouth▪ Whistling sound means breathing in too fast	<p>10</p>  <p>Hold your breath for 5 to 10 seconds</p>	<p>11</p>  <p>Breathe out slowly</p>	<p>12</p>  <ul style="list-style-type: none">▪ Wait 15 to 30 seconds before taking another puff▪ Then repeat steps 5 - 11	
<p>13</p>  <ul style="list-style-type: none">▪ Replace cap on mouthpiece and spacer▪ Wipe mouthpiece clean	<p>14</p>  <p>If inhaling a STEROID, rinse mouth with water, swish, gargle and spit</p>	 <p>For additional information on COPD, visit the 2021 VA/DoD Clinical Practice Guideline for Management of COPD at https://www.healthquality.va.gov/cd/copd</p> <p>To view videos on how to use your MDI, visit the link here: https://www.youtube.com/watch?v=yQiGzELcMg4</p>		

Important: Store the canisters in a cool dry place. Not in a car where the heat can make it not usable. Read package inserts.