

How To Take Your: **Spray Inhaler With Spacer for a Tracheostomy** (for children and adults)



1. Take off the inhaler cap, and make sure the opening is clean. Shake the inhaler for 5 seconds.



2. Put the inhaler in the open end of the spacer.



3. Attach the spacer to the tracheostomy tube. Breathe out all the air in your lungs.



4. Spray 1 puff of medicine into the spacer. Hold the spacer in place and take 4-6 breaths. If you use more than 1 puff, wait at least 60 seconds between puffs.

To prime your inhaler:

- If the inhaler is new, follow the package insert instructions before use.
- If the inhaler has been used, follow the package insert for repriming instructions. For example: when the inhaler has not been used for 3 days, it may need to be primed again. Every inhaler may have different instructions.

To clean your spacer:

- Take the medicine canister out, and put it aside.
- Take off the mouthpiece, and wash it in warm soapy water.
- Rinse and let dry on a towel.
- When they are dry, put all the pieces together.