How to use a puffer with a spacer

Asthma puffer medicine is best taken using a spacer to get more medicine into the lungs.

1. Remove the cap from the puffer.
2. Shake puffer well and put it into the hole at the end of the spacer.
3. Remove the spacer cap.
4. Hold the puffer upright.
5. Breathe out slowly and completely.
6. Place the spacer’s mouthpiece in your mouth.
7. Press down on puffer and breathe in and out through the spacer 4 times.
8. For more puffs, take out the puffer and shake then re-attach to spacer. Repeat the steps for more puffs.

Working with Aboriginal and Islander Health Services

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