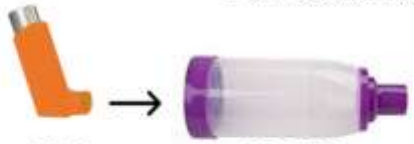
asthma NEW ZEALAND

- Did you know you should use a SPACER with your metered dose inhaler (MDI)? *

*The use of spacer for under 3 years old is recommended with a mask.



MDI → SPACER

1

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HOW TO DO IT:

- Shake the inhaler

2

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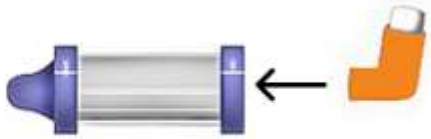

- Insert the mouthpiece of the inhaler into the rubber sealed end of the spacer.

3

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- Then put the spacer into your mouth between your teeth. Make tight seal around the mouthpiece with your lips.

4

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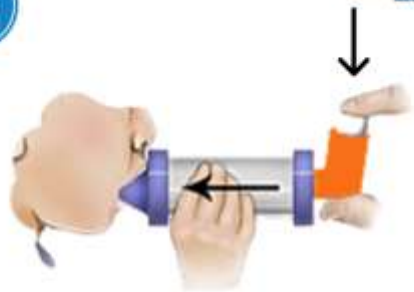

- Press the inhaler down once to release a spray of medicine. The medicine will be trapped in the spacer. Breathe in & out slowly and deeply six times.

5

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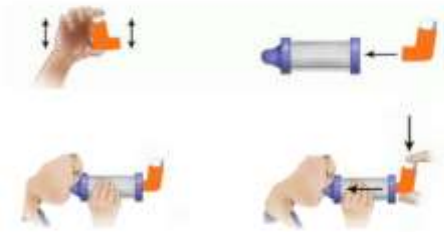

- Repeat these steps if you need a second puff.

0800 227 328

www.asthma.org.nz

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Do you need more information or support about asthma and COPD?

OUR SERVICES ARE FREE

- Talk to the nurse: 0800 227 328
- Request free asthma education: www.asthma.org.nz

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