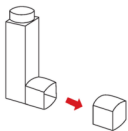


Singapore National Asthma Programme (SNAP)



HOW TO USE THE SPACER WITH MASK

1



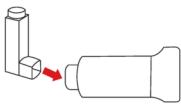
- Remove the protective cap from the inhaler mouthpiece.

2



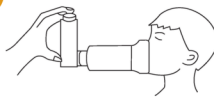
- Shake the inhaler for 3-5 seconds.

3



- Hold the inhaler upright and attach it into the end of the spacer, opposite of the face mask.

4



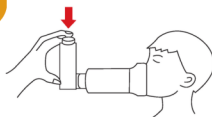
- Place the mask securely over your mouth and nose. Ensure there is no gap between the mask and your face.

5



- For children, hold the mask firmly to the child's face.

6



- Press down the canister **ONCE** to release a dose into the spacer.
- Breathe in and out normally through the spacer for 5-10 times. **DO NOT** remove your mouth from the mask between each breath.

NB: For another dose, wait for one minute before repeating steps 2-6 for each puff. Only one puff should be released in the spacer each time.

CARE OF YOUR SPACER:

- Soak the spacer in warm water with 1-2 drops of dishwashing detergent for 15-20 minutes.
- Wipe mouthpiece clean of detergent.
- Allow to air dry. **DO NOT** rub dry.

Please follow manufacturer's instructions for your specific spacer.

ALWAYS ASK YOUR DOCTOR OR NURSE FOR A DEMONSTRATION

For videos on inhaler technique by language,
please scan the QR codes below:



English



Mandarin
华语



Malay
Bahasa Melayu



Tamil
தமிழ்



CONTROL ASTHMA. ENJOY LIFE.

The Singapore National Asthma Programme (SNAP)
was set up by the Ministry of Health in 2001 to
reduce the burden of asthma in Singapore.

This technique card is produced by SNAP to provide
instructions on correct inhaler use.