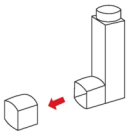


Singapore National Asthma Programme (SNAP)



HOW TO USE THE SPACER

1



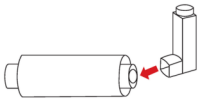
- Remove the protective cap from the inhaler mouthpiece.

2



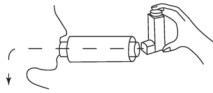
- Shake the inhaler for 3-5 seconds.

3



- Hold the inhaler upright and attach it into the spacer.

4



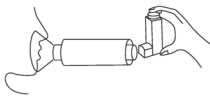
- Place the spacer mouthpiece in your mouth, ensure lips are closed around the mouthpiece for a tight seal.
- Press down the canister **ONCE** to release a dose into the spacer.
- Breathe in and out normally through the spacer for 5-10 times.

5



- For another dose, wait for one minute before repeating steps 2-4 for each puff. Only one puff should be released into the spacer each time.

6



- If a face mask is required, attach to the mouthpiece of the spacer; follow steps 2-4.
- NB: DO NOT** remove your mouth from your mouthpiece in between each breath.

CARE OF YOUR SPACER:

- Soak the spacer in warm water containing a little dishwashing detergent for 15-20 minutes
- DO NOT RINSE**, and allow to air dry. **DO NOT** rub dry. The spacer should be cleaned once a week.

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.