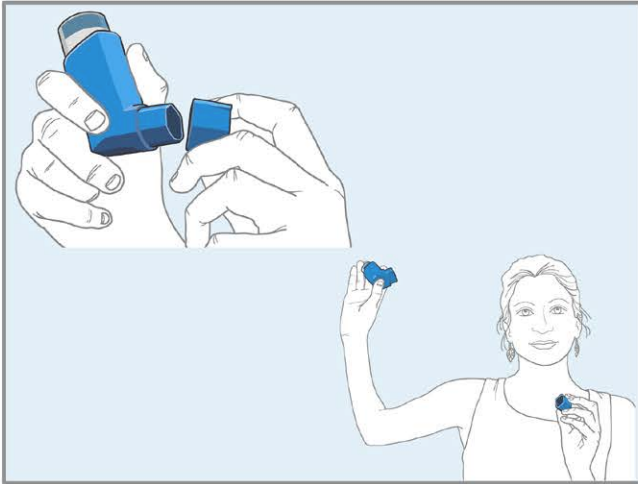
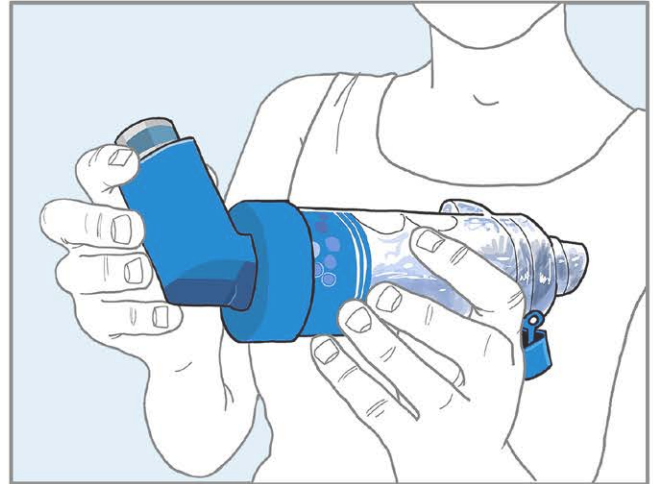


Getting to grips with good inhaler and spacer technique

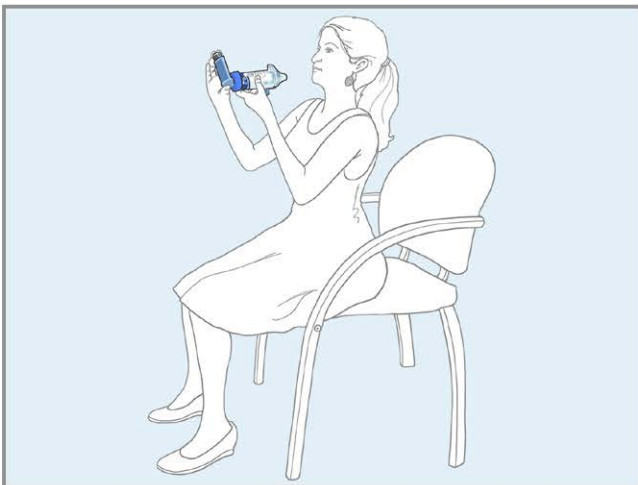
Single Breath Inhalation Using Spacer With Mouthpiece



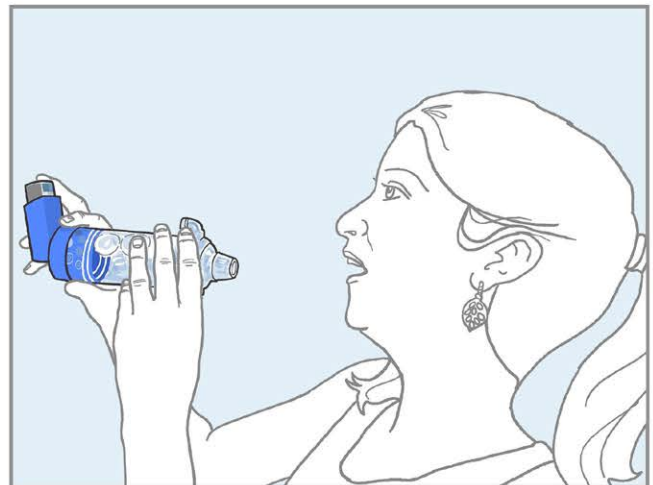
1. Take caps off inhaler and spacer. **Shake** inhaler.



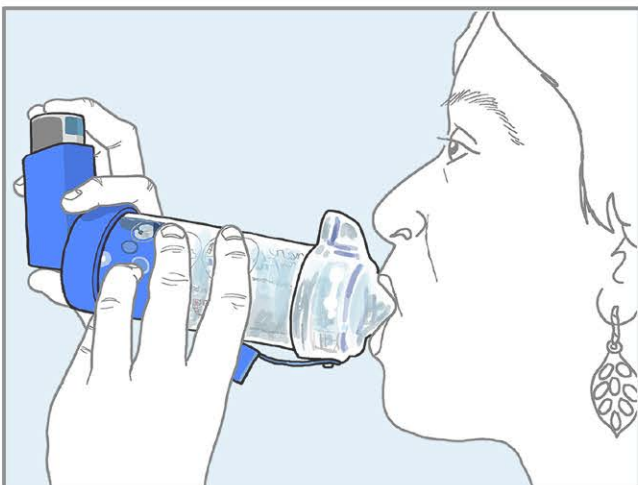
2. Keep inhaler upright and **fit** into the spacer.



3. Sit or stand with your **chin up** - it's easier.



4. **Breathe out.**



5. Place spacer mouthpiece between your teeth, **bite** gently and **seal** lips around mouthpiece.



6. Start to breathe in slowly, press the inhaler once and **continue to breathe in**, then **hold your breath** for as long as you can. Repeat if necessary.