

## Inhaler Procedure

1. Shake inhaler.
2. Put inhaler in spacer. (Borrow VP spacer if student doesn't have one.)
3. Blow out **ALL** your air. (*Key to success.*)
4. Compress inhaler one (1) time then inhale medication. Hold breath at least 10 seconds or breathe in and out three (3) times with mouth still around spacer.
5. **Wait 1 full minute!** (*Key to success.*)
6. Repeat steps #3 and #4.
7. Drink water.



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