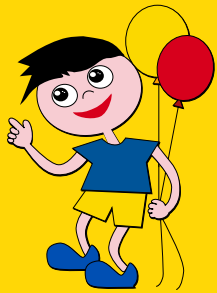


I CAN!

The Children's Asthma and Allergy Network
@ the Children's Medical Institute



How to use the **VOLUMATIC SPACER**

- 1** Remove the cap from the metered dose inhaler
- 2** Shake the inhaler and insert it into the spacer device
- 3** Insert the spacer mouthpiece into your mouth
- 4** Start breathing in and out slowly and gently. (This will make a 'clicking' sound as the valve opens and closes)
- 5** Once the breathing pattern is well established, depress the canister leaving the device in the same position and continue to breath (normal breaths) 5 to 6 times



mouthpiece

- 6** Remove the device from your mouth
- 7** Wait about 30 seconds before repeating steps 2-6

Always ask your doctor or nurse for a demonstration