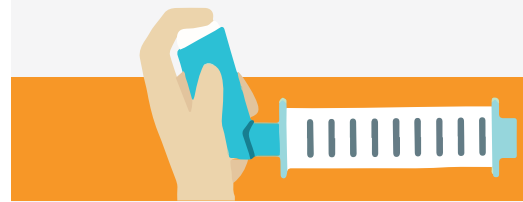
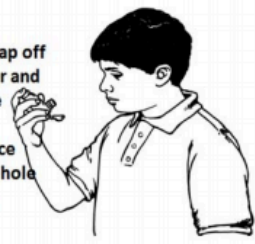

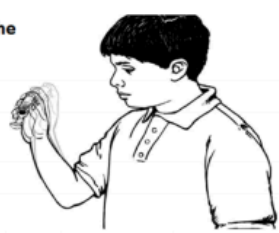
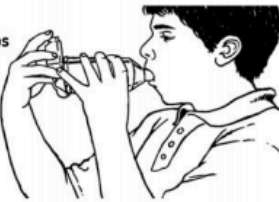
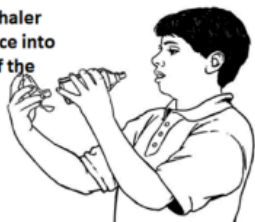

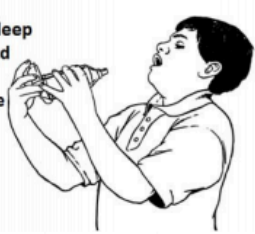

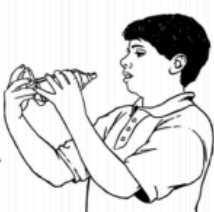



Clinical studies have shown that by adding a spacer to a pressurised metered dose inhaler, drug delivery to the lungs can be improved by 40% to 60%.



<p>1 Take the cap off the inhaler and make sure the mouthpiece and spray hole are clean.</p> 	<p>6 Put the mouthpiece of the spacer in your mouth and above your tongue.</p> 
<p>2 Shake the inhaler 10-15 times.</p> 	<p>7 Close your lips around the spacer.</p> 
<p>3 Put the inhaler mouthpiece into the end of the spacer.</p> 	<p>8 Tilt your head back slightly toward the ceiling. Press the top of the inhaler to spray one dose of medicine. Slowly breathe in all the air you can and hold for 5-10 seconds.</p> 
<p>4 Inhale a deep breath and breathe out all the way.</p> 	<p>9 Open your mouth...</p> 
<p>5 Hold the inhaler and spacer between your index finger and thumb.</p> 	<p>10 ...and breathe out slowly.</p> 

REMINDER:

IMPORTANCE of cleaning spacer:

- 1) Disassemble the spacer/VHC after the last dose of the day
- 2) Immerse the parts in lukewarm tap water containing a few drops of household detergent
- 3) Shake the parts in the water and rub them with a soft cloth
- 4) Leave the parts soaking for 15 min, then take them out of the water
- 5) Do not rinse or dry rub the inside of the parts
- 6) Rinse soapy water off the mouthpiece
- 7) Place the parts on a clean towel to air dry overnight
- 8) Reassemble the parts the next morning and check that the valve is not stuck
- 9) Wash your spacer/VHC **AT LEAST every week**