

## USEFUL TIPS

- Ensure the spacer is the correct one to fit your inhaler.
- Always read the patient leaflet provided with your inhaler and spacer for any specific instructions.
- Return the unused or expired metered-dose inhalers to pharmacy for proper disposal.

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# Inhaler Techniques with Spacer



## HOW TO USE YOUR METERED DOSE INHALER (MDI) WITH SPACER DEVICE



Inhalers are commonly prescribed for patients with asthma and chronic obstructive pulmonary disease (COPD) as they are very effective at delivering the medication straight to the lungs where it is needed.

Using a spacer extends the amount of time it takes for the medicine to enter the lungs. It also gives a person more time to inhale the medicine, meaning it can enter the lungs more effectively.

The spacer also concentrates the medicine into a tube, which prevents it from escaping into the air.

Spacers are especially advantageous for younger children or those starting out using an inhaler.

### EXAMPLES OF METERED-DOSE INHALERS

- Salbutamol Inhaler (Bronchodilator)
- Beclomethasone Inhaler (Steroid)
- Fluticasone Inhaler (Steroid)
- Ipratropium Inhaler (Anticholinergic)

### HOW TO USE A METERED-DOSE INHALER WITH SPACER?

1	Stand or sit upright when using your inhaler and spacer.
2	Firmly assemble the spacer if needed.
3	Remove the inhaler cap.
4	Hold the inhaler upright and shake the inhaler well.
5	Insert the inhaler into the back of the spacer.
6	Put the mask on your face to make a tight seal over nose and mouth.
7	Slightly tilt the chin up.
8	Press the top of the inhaler down and take slow breath in and out steadily through your mouth into the spacer about 5 to 6 times.
9	Remove the mask from your face
10	If your doctor has told you to take 2 puffs, wait 30 seconds then <b>repeat steps 4 to 9</b> .
11	If using an inhaled corticosteroid, rinse out your mouth with water and spit it out. Rinsing will help to reduce the chance of side effects or prevent an infection in the mouth.

### HOW TO CLEAN A METERED-DOSE INHALER?

Please refer to the manufacturer's or product leaflet. Individual product will have different ways or techniques of cleaning.

### CLEANING YOUR SPACER

Keeping your spacer clean will help you to get the full benefits of your asthma medicines each time you use it. Always follow the manufacturer's instructions.

If it's a new spacer, clean it before you use it for the first time, then once a month afterwards.

- Gently clean it using a detergent, such as washing-up liquid. Only a small number of brands of spacer are dishwasher safe, so check the instructions on the label
- Be careful not to scrub the inside of your spacer as this might affect the way it works. You can scrub the outside of the spacer and the mouthpiece
- Leave it to air-dry as this helps to reduce static (an electrical charge that builds up) and prevent the medicine sticking to the inside of the spacer
- When it's completely dry, put your spacer back together ready for use
- Wipe the mouthpiece clean of detergent before you use it again.
- Your spacer should be replaced at least every year, especially if you use it daily, but some may need to be replaced sooner.