

# How to use your Aerochamber® Spacer

You have been prescribed an Aerochamber® Spacer to use with your pressurised Metered-Dose inhaler (pMDI) to help manage your lung condition.

1. To open the inhaler, remove the mouthpiece cover.
2. Hold the inhaler upright with your thumb on the base and your finger on the top of the canister.
3. Shake the inhaler up and down 4 to 5 times.
4. Insert the mouthpiece of the inhaler into the flat end of the Aerochamber® Spacer.
5. Breathe out as much as is comfortable.
6. Put the mouthpiece of the spacer to your lips. Seal your lips around the mouthpiece.
7. Press the top of the inhaler canister once to release one dose into the spacer.
8. Breathe normally, in and out, five times. If the Aerochamber® makes a whistling sound, slow your breathing down.
9. Remove the Aerochamber® from your mouth.
10. For a second dose, wait 30 seconds and repeat steps 3 - 9.
11. Remove the inhaler from the spacer and replace the inhaler and Aerochamber® mouthpiece covers.



## Always:

- Check the dose counter on the back of the inhaler (if your inhaler has one). This tells you how many doses are left.
- Some pMDI's do not have a dose counter. Make sure that you always have a spare inhaler at home.
- Make sure that the inhaler is in date. The expiry date is on the canister, the packet or the label.
- Replace the Aerochamber® spacer every 12 months.
- Rinse your mouth or clean your teeth after using your preventer (steroid) inhaler to prevent infection in your mouth.
- Take your inhalers with you when you attend your GP, Practice Nurse, or the hospital.

## Cleaning the pMDI Inhaler:

- Wipe the inside and outside of the mouthpiece regularly with a clean dry tissue. Do not wash in water.

## Cleaning the Spacer (Once a month):

- Remove the flat end of the Aerochamber® spacer.
- Wash both parts with warm water and washing up liquid. Rinse with warm water. Shake off excess water.
- Let the Aerochamber® Spacer air dry at room temperature before putting back together again. Do not use a towel to dry the Aerochamber® Spacer as this may cause static.

**If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.**

**Please use this information with the manufacturer's instruction leaflet.**