

How to use a small volume spacer

A small volume spacer device is used with a metered-dose inhaler, and helps the medication work more effectively in the lungs.



How to use

- 1) Remove mouthpiece cap from both the inhaler and the spacer.
- 2) Shake the inhaler and insert into the back of the spacer.
- 3) Ensure lips are closed tightly around the mouthpiece.
- 4) Press the inhaler ONCE.
- 5) Breathe in and out slowly and gently 5 TIMES (tidal breathing).
- 6) If you hear a 'whistling' sound you are breathing too deeply.
- 7) Remove mouthpiece from mouth and relax.
- 8) Wait for one minute and then repeat steps 2-8.

How to clean

- 1) Clean once a month.
- 2) Remove rubber-like ring from spacer.
- 3) Wash all parts in warm soapy water.
- 4) Rinse all parts in warm clean water.
- 5) Leave to drip-dry (do not clean with a cloth).
- 6) Be sure all parts are dry before reassembling.

7) Replace at least every 12 months via your GP.

For advice please contact the Respiratory Nursing Service 01603 289779
(answer phone out of hours)

