

How to use a small volume spacer

Patient Information Leaflet

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 week.
- 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.

