

Using a Spacer – Tidal Breathing Method

Spacers are an excellent way of getting inhaled medication into the lungs.

1. Fit the spacer together if necessary.
2. Remove the dust cap and shake the inhaler.
3. Fit the inhaler into the spacer.
4. Close your lips around the mouthpiece.
5. Press the inhaler once. You should take 5 normal breaths in and out with each puff. If you are using an Aerochamber, ensure the valve moves with each breath.
6. Shake the inhaler after every spray.
7. Repeat the above steps as many times as you have been advised to, using 1 puff of inhaler at a time.
8. Always replace the dust cap after using the inhaler and have a drink or brush your teeth to remove any particles left in your mouth.



Cleaning

- Remove the inhaler from the spacer. Wash the spacer in warm soapy water when it is dusty; leave it to dry in a warm place so that you don't need to dry it.
- Ensure the valve moves before you reuse it.
- You should ask your GP for a new spacer every 6 months or earlier if it is damaged or broken.

How do I tell if the inhaler is empty?

- Some inhalers have a counter on the device.
- Shaking the canister may tell you how full it is.
- It should tell you on the canister how many actuations (puffs) it contains. It is always a good idea to work out and write on your calendar when you will need to get a new inhaler and to keep a spare.

Useful Contacts

Children's Respiratory Specialist Nurses
Jenny Lind Children's Hospital - 01603 287951

Asthma UK 0300 222 5800
www.asthma.org.uk

