

How to use the Aerochamber (spacer device)

Single breath technique



Ensure that the Aerochamber Plus has been cleaned in accordance with the instructions supplied

"Shake"

1. Remove the **protective cap** from the inhaler and from the mouthpiece of the **aerochamber**
2. Insert inhaler into the aerochamber device. **Shake the unit including the inhaler** for a few seconds (to mix the contents of the inhaler)
3. **Breathe out gently** away from the Aerochamber (to make room in your lungs to breathe in deeply)
4. Place the aerochamber mouthpiece into your mouth and **form a seal** (to prevent the drug escaping), ensure your tongue remains flat and does not obstruct the mouthpiece. Keep the inhaler canister in position

"Breathe"

5. Press the canister down **ONCE only** and breathe in **slowly and deeply** through your mouth to fill your lungs

If you hear a whistling sound you are breathing in too quickly

"Hold Breath"

6. **Hold your breath** for up to 10 seconds (to allow the drug to settle in your lungs), and then breathe out slowly away from the Aerochamber
7. For a **second dose wait 30 seconds** before repeating steps 2 – 6

Breathe in slowly!

To see a demonstration on correct inhaler technique visit

<http://www.asthma.org.uk/knowledge-bank-treatment-and-medicines-using-your-inhalers>

Always administer ONLY ONE (1) puff at a time

Always rinse your mouth, gargle and spit out after using steroid inhalers

(E.g. Beclometasone, Budesonide, Fluticasone (Fostair, Symbicort, Seretide))

Follow the information sheet supplied on how to look after your spacer.