

Patient Information

How to use the Aerochamber (spacer device)

Multiple breath technique (Tidal breathing)



Ensure that the Aerochamber Plus is 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. 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"

4. Start breathing in and out **SLOWLY** through your mouth to fill your lungs
5. Once the breathing pattern is well established, press the inhaler canister **ONCE only at the beginning of a SLOW inhalation**
6. With your mouth still sealing the mouthpiece, continue to breathe in and out **SLOWLY** through your mouth **four to five times**

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

7. Remove the device from your mouth
8. For a **second dose wait 30 seconds** before repeating steps 2 – 7

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.