

Using an Aerochamber spacer with mouthpiece

- If using for the first time, the spacer can be used straight out of the packet. After that, it should be washed monthly. To wash it, take it apart and soak in warm soapy water. Rinse in clean water and leave to air dry. Once dry, it is ready to use.
- Shake the inhaler well and put it in the hole at the end of the spacer.
- Ensure you place your teeth and lips over the mouthpiece.
- Push the top of the inhaler to release a dose of medication – a “puff”.
- Breathe at a normal rate for a count of 10, making the small valve in the mask flutter.
- Wait 30 seconds, then repeat until the correct number of “puffs” have been given.
- If you are using the spacer for inhaled steroids, after use, have a drink or clean your teeth. This prevents the risk of side effects.

