

## 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 your child places their teeth and lips over the mouthpiece.
- Push the top of the inhaler to release a dose of medication – a “puff”.
- Encourage your child to 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 using the spacer for inhaled steroids, after use, give your child a drink or clean their teeth and wipe their face. This prevents the risk of side effects.

