

Why using an inhaler with “Spacer” is important:

1. Use of inhaler via spacer helps you get the right amount of medicine.
2. It makes your inhaler technique easier and more effective.
3. It enables the medicine to deliver into your lungs, rather than your mouth or throat.
4. It reduces the chance of side effects such as oral thrush or voice changes.

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

TRUST VALUES: We CARE for...

our patients... each other... ourselves

BEHAVIOURS:

Courtesy and respect

Attentively kind and helpful

Responsive communication

Effective and professional

**#Proud
of the
Paget**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet,
contact PALS 01493 453240

Authors:

Respiratory Nursing Service

HE 8 © March 2009

Revised January 2013, June 2022

Review Date: June 2025 version 3

James Paget University Hospitals NHS Foundation Trust



James Paget
University Hospitals
NHS Foundation Trust

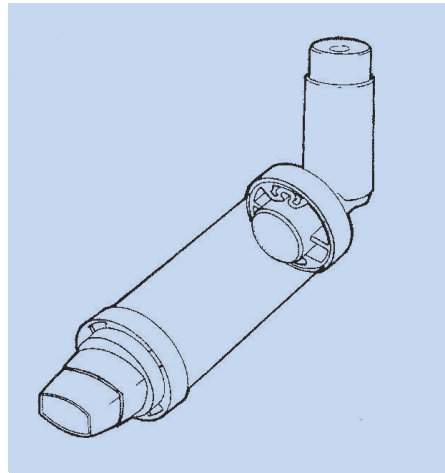
How to use your Inhaler with Spacer



Patient Information

How to use inhaler with “Spacer”:

1. Remove cap from inhaler – check mouthpiece for any objects which could be inhaled.
2. Shake the inhaler and insert into the back of the space chamber.
3. Relax, place the mouth piece of the space chamber into the mouth.
4. Press the inhaler **ONCE** to release a dose of the drug.
5. Breathe in and out slowly and gently **FIVE TIMES** (Normal Relaxed Breathing).
6. Remove the mouth piece from the mouth and relax.
7. Wait **30 seconds to ONE minute** and then repeat steps **TWO to SEVEN** for each puff prescribed.



Cleaning Instructions

Please clean the spacer once a month.

Take apart as instructed by the Healthcare Professional.

Soak the parts in a basin filled with clean, warm water and detergent for about 20 minutes and gently agitate the parts to loosen any residue.

Lightly shake away excess water droplets and place on a clean surface to air dry. Do not rub with a cloth.

Replace your inhaler spacer every 12 months from your GP/ pharmacy.

Advice from your Healthcare Professional: