HOW TO USE YOUR...

Metered dose inhaler (MDI) with spacer device

Inhalers are commonly prescribed for patients with asthma and chronic obstructive pulmonary disease (COPD) as they are very effective at delivering the medication straight to the lungs where it is needed.

Using your inhalers correctly is an important part of asthma treatment. You should be shown how to use inhalers properly by a healthcare professional when they are first prescribed.

You may occasionally experience problems using your inhalers, especially if it has been a while since you were shown the correct technique. This is very common and your healthcare professional can help you improve your inhaler technique.

Why is inhaler technique important?
- It allows the correct dose of medication to reach your lungs.
- It gives you better control of your condition.
- It could mean you need to take fewer medicines.

EXAMPLES OF SPACER DEVICES

- A2A Spacer
- Able Spacer
- AeroChamber Plus
- Volumatic
Checklist for metered dose inhaler and spacer use

1. Stand or sit upright when using your inhaler and spacer.
2. Firmly fit the two halves of the spacer together.
3. Remove the inhaler cap.
4. Hold the inhaler upright and shake 4 or 5 times.
5. Hold the inhaler upright and insert into the spacer.
7. Place the mouthpiece between your teeth without biting and form a good seal around it with your lips.
8. Press the top of the inhaler down and take 1 slow breath in OR 5 normal breaths in through your mouth.
9. Hold your breath if you have inhaled using 1 slow breath. If you have used 5 normal breaths this is not necessary. Remove the mouthpiece of the spacer from your mouth.
10. Continue to hold your breath for 10 seconds or as long as is comfortable. Breathe out slowly.
11. If your doctor has told you to take two puffs, wait 30 seconds then repeat steps 4 to 10.
12. Remove inhaler from spacer and replace the cap straight away to keep out dust.
Common problems
Common mistakes that people make with inhalers include:

- Not standing or sitting upright, or holding the inhaler upright.
- Not shaking the inhaler before using it and inbetween doses.
- Not breathing in soon enough after pressing the inhaler so the medication falls to the bottom of the spacer.
- Not remembering to hold your breath if you have inhaled using 1 steady breath. (If you have used 5 normal breaths this is not necessary.)
- Taking several puffs without waiting and not shaking the inhaler inbetween puffs.
- Not cleaning the spacer correctly. Follow the manufacturer’s instructions.

Useful tips
- Ensure the spacer is the correct one to fit your inhaler.
- If the spacer is in two parts, fit them together.
- If your inhaler contains a corticosteroid rinse your mouth out with water after your dose.
- Spacers are available in different sizes and with face masks if needed.
- Spacers should be cleaned once a month with mild detergent, rubber end caps can be removed and cleaned, allow spacer to air dry.
- Replace spacers every 6 to 12 months.
- Speak to your nurse or pharmacist if you experience problems using your inhaler and spacer device.
- Always read the patient leaflet provided with your inhaler and spacer for any specific instructions.
How did I do?

For video demonstrations on how to use your inhaler visit:
http://www.asthma.org.uk/knowledge-bank-treatment-and-medicines-using-your-inhalers#MeteredDose

Please make an appointment to reassess your inhaler technique in:

3 months   6 months
12 months   