

AeroChamber Plus Space with Mask Information Leaflet

Instructions for use

1. Remove the cap from the metered dose inhaler
2. Shake the inhaler briskly 4 or 5 times.
3. Insert the inhaler into the spacer
4. Place the mask of the spacer around your mouth and nose or your child's mouth and nose ensuring you have a good seal
5. Press the canister once to release the dose of medication
6. Take 10 slow breaths (normal tidal breathing) or encourage your child to take 10 slow breaths maybe counting every breath.
7. Remove the mask and breathe normally
8. For a second dose wait 30 seconds before repeating steps 1-7

How to clean your Aerochamber plus spacer and mask?

- Clean your spacer and mask every month
- Remove the mask from your spacer
- Soak both pieces in lukewarm water with mild liquid detergent for 15 minutes and move gently in the water
- Rinse both parts under warm, slow running water. Do not use fast running water or it could damage the valve
- Shake off any excess water from both parts
- Stand both parts upright to air dry, do not use a towel as this can create static electricity
- Replace the mask when both parts are dry

Important

- Never share your AeroChamber Plus™ with anyone else
- When using the AeroChamber Plus™, breathe in slowly. If the AeroChamber Plus whistles as you breathe in, then you are breathing in too quickly.

Useful Tips

- AeroChamber Plus™ spacers are for use with Metered Dose inhalers (MDIs) only.
- AeroChamber Plus™ spacers should be replaced every 12 months or sooner if the rubber begins to perish.

If you need further help with your inhaler please contact your General Practitioner (GP) or the healthcare professional who provided you with this leaflet.

This leaflet is not supposed to replace the information provided by the manufacturer of your device or medicine. Please make sure you have read the manufacturer's leaflet as well.

patient info

Volumatic Spacer®

Instructions for use

1. Remove the cap from the metered dose inhaler and the cap from the spacer if it has one.
2. Shake the inhaler briskly 4 or 5 times.
3. Insert the inhaler into the spacer.
4. Breathe out gently.
5. Place the mouthpiece of the spacer into your mouth and create a good seal with your lips.
6. Press the canister once to release the dose of the medication.
7. Take a slow controlled deep breathe in and hold for 10 seconds OR take 5 slow controlled breaths in and out.
8. Remove the mouthpiece from your mouth and breathe normally.
9. For a second dose, wait about 30 seconds before repeating steps 2 – 8.
10. Remove the inhaler from the spacer and replace the caps on the inhaler and the spacer.

Cleaning your inhaler

- You should clean your spacer once a month.
- Take the spacer apart.
- Wash both parts in warm water with mild liquid detergent.
- Rinse both parts under warm running water.

- Shake off any excess water (do not use a towel as this can create static).
- Place both parts on a paper towel on a hard dry surface to air dry.
- When both parts are dry, reconnect the parts together.
- Prime the spacer before use by spraying one dose of the metered dose inhaler into it.

This spacer is not dishwasher safe.

Useful tips

- Volumatic spacers are for use with Metered Dose Inhalers (MDIs) only
- Use a spacer with a Metered Dose inhaler whenever possible – this is the most effective way of taking the drug.
- Volumatic spacers should be replaced every 6 months, or sooner if the valve fails to rattle during use.

If you need further help with your inhaler, please contact your General Practitioner (GP) or the healthcare professional who provided you with this leaflet.

This leaflet is not intended to replace the information provided by the manufacturer of your device or medicine. Please make sure you have read the manufacturer's leaflet also.

Going home plan

Name:

Date:

NHS Number:

Use of Salbutamol (blue reliever inhaler) following an acute episode

If your child is discharged home following an acute episode of asthma, they will require more reliever medication than when they are well. We have devised the following guideline for your child's needs:

Dose of Salbutamol (blue reliever inhaler) via Spacer: The spacer is the only way to deliver this medication effectively

Day/date

..... Take 10 puffs 4 hourly for..... days

..... Take 8 puffs 4 hourly for days

..... Take 6 puffs 4 hourly for days

..... Take 4 puffs 4 hourly for days

After this is complete, please then refer to your asthma Uk My Asthma Plan

Please note that in future episodes that you must only give up to 6 puffs of Salbutamol (blue reliever inhaler) every 4 hours, if your child needs this more often than every 4 hours then you must seek urgent medical advice. In an emergency follow the emergency advice in My Asthma Plan

You will be followed up by the Children's acute and ongoing needs service (Children's Community Nurses) either in clinic or at home.

Please see your GP if your child is NOT getting better but if your child is becoming WORSE return to Accident and Emergency

In an emergency give 1 puff of your child's blue reliever inhaler every minute whilst waiting for the ambulance

Clinicians signature..... Print Name..... Date.....