



How to use a Spacer/Reservoir



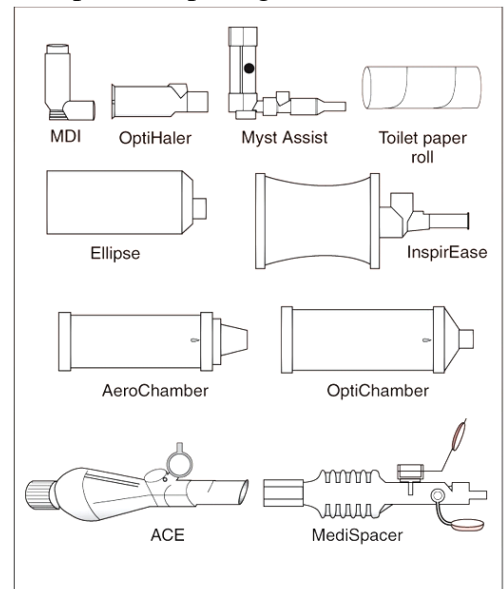
Spacers or "holding chambers" are useful for all patients. They are particularly recommended for young children and older adults and for use with inhaled steroids.

How to use your Spacer with your Meter Dose Inhaler

1. Attach the inhaler upright into the spacer or holding chamber as explained by your clinician or by using the directions that come with the product.
2. Shake well for 5 seconds.
3. Press down on the inhaler. This will put one puff of the medicine in the holding chamber.
4. Place the mouthpiece of the spacer in your mouth between your teeth with lips tight.
5. Breathe in slowly and deeply.
 - Some devices whistle if you breathe too fast. (A snug fitting face mask may be helpful for a young child.)
6. Hold your breath for a count of 10 and then exhale normally. Repeat steps 5 and 6 to make certain all the medication is out of the chamber.
7. Repeat puffs as directed by your physician.
 - Waiting at least 1-5 minutes between puffs may permit second puff to get deeper into the lungs.
8. Rinse mouth and spit, especially if using a corticosteroid medication.

How to use an *aerochamber* video: <http://youtu.be/ltB-ZOjkgY>

Samples of spacing devices available



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Refer to your manufacturers directions for specific instructions for your device.



Cleaning Spacers

1. Each day you should remove the mouthpiece from your spacer and rinse it in warm running water. If your mouthpiece is attached, just run it under the water with the spacer.
2. Once a week, wash your dissembled spacer in warm water with dishwashing liquid. Rinse well and air dry.
3. Every 2 weeks soak your spacer in a solution of:
3 parts water and 1 part vinegar
4. Rinse in clear warm water and let air-dry.

Photo Courtesy of AARC



Clinician's notes: