

## How to use your Spacer Multiple Breath Technique



1. Sit up straight and remove the cap

2. Shake the inhaler



3. Insert the inhaler into the back of the spacer



4. Place the mouthpiece into mouth and form a seal with lips

5. Begin breathing in and out slowly

6. Press the inhaler once to release a dose



7. Continue breathing through the spacer for 4-5 breaths

8. Then remove from mouth

\* If your dose is 2 puffs, repeat Steps 2 - 8

# Cleaning your Spacer

When you receive a new spacer it needs to be washed prior to use. This will prime your spacer for use.

Follow these steps:

1. Gently pull the spacer apart
2. Fill your sink with warm soapy water using ordinary detergent
3. Wash spacer thoroughly, especially the mouthpiece
4. Remove from the sink (**do not rinse**) and leave to air-dry (**do not use a cloth**)

Your spacer should also be washed regularly, at least once a month.

Store your spacer in a clean dry place. It should be replaced upon recommendation from a health professional.

When seeing a health professional or coming to hospital please bring your spacer and inhaler medication with you.