

## INHALERS: SPACERS

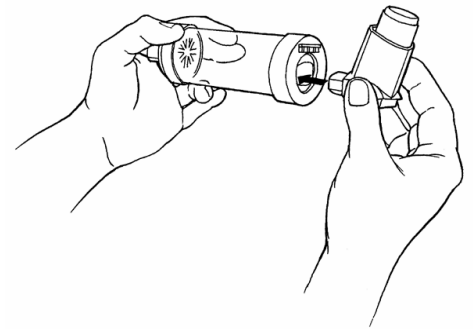
Many medicines that help make breathing easier are taken by an inhaler. An inhaler (or "puffer") is a device that allows medicine to go directly into the lungs. This helps the medicine work fast and effectively. The inhaler must be used correctly or the medicine will not get into the lungs properly. Refer to the Helping Hand, *Inhalers*, HH-V-23.

A spacer is a device that catches the mist from the inhaler medicine and holds it until the person starts to breathe in. There are many different kinds available. Follow the method your doctor recommends.

**IMPORTANT:** Do not take more of this medicine than your doctor prescribed. If you have any questions or the inhaler(s) is not helping as you think it should, contact your doctor.

### AeroChamber<sup>®</sup> Spacer

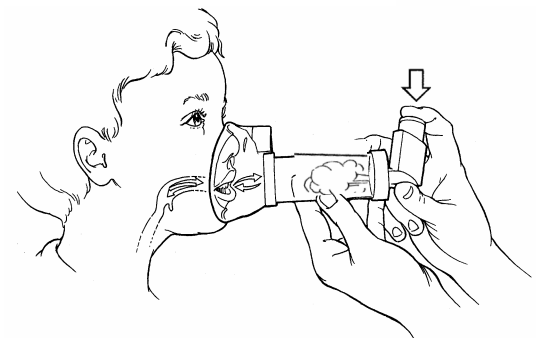
1. Remove the caps from the inhaler and the mouthpiece of the AeroChamber spacer.
2. Check to make sure the spacer is clean and the one-way valve is secure.
3. Put the mouthpiece of the inhaler into the round rubber-like opening at the end of the AeroChamber (Picture 1).
4. Holding the AeroChamber and inhaler firmly, shake briskly 3 or 4 times.
  - If using the AeroChamber **without mask**, place the mouthpiece in your mouth and close your lips.
  - If using AeroChamber **with mask**, place the mask gently to the face so that the nose and mouth are covered. Be sure to get a good seal between mask and face. Leaks will keep you from getting enough medicine. The exhalation valve lets you breathe out comfortably and breathe normally while the mask is held firmly in place.
5. Press down firmly on the inhaler to release only one dose of medicine (Picture 2).
6. Breathe in *slowly and deeply* until you've taken a full breath. If you hear a whistling sound, breathe slower.
  - If using Aerochamber **without mask**, hold your breath and count to 5 slowly. Then breathe out slowly.
  - If using Aerochamber **with mask**, breathe in and out slowly 5 to 6 breaths.
7. If your doctor has ordered more than one puff, repeat steps 5 and 6.
8. Rinse your mouth with water to remove any traces of medicine.



**Picture 1** The AeroChamber spacer and inhaler.



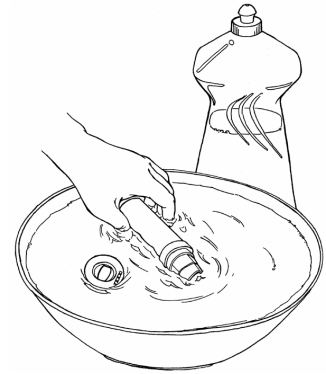
**Picture 2** Press down to release one dose of medicine. Breathe in and hold breath.



**Picture 3** AeroChamber spacer with mask. Breathe in and out slowly – 5 to 6 breaths.

## Cleaning the AeroChamber

1. About once a week remove the rubber ring from the end that holds the inhaler. *Do not remove the mouthpiece.*
2. Remove the protective mouthpiece cap.
3. Soak the AeroChamber and rubber ring in a bowl filled with warm water. Use a dish soap detergent to loosen any dirt.
4. Rinse in a bowl of clean, warm water, using a gentle motion (Picture 4). Don't use running water. Water pressure could ruin the one-way valve.
5. Lightly shake away excess water droplets and leave on a clean surface to air-dry. *Do not dry by rubbing with a cloth.*
6. Make sure the AeroChamber is completely dry. Attach the rubber ring and mouthpiece cap.

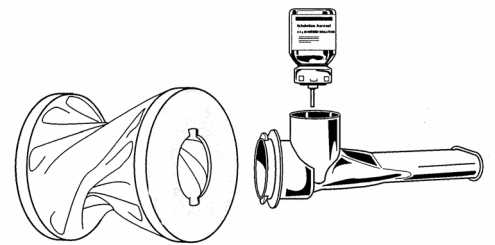


**Picture 4** Clean the AeroChamber once a week.

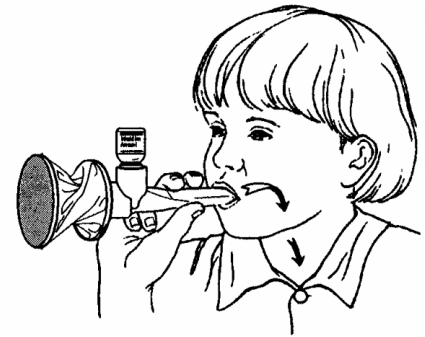
## The InspirEase® Spacer (Closed-Mouth Method)

Another type of spacer is called the InspirEase®. To use the InspirEase:

1. Gently untwist the bag until it is opened to full position.
2. Fit the mouthpiece into the opening of the bag and turn clockwise until tight.
3. Remove the inhaler from the canister. Shake the inhaler.
4. Insert the stem of the inhaler into the top of the InspirEase mouthpiece.
5. Breathe out. Then place the mouthpiece in your mouth and close your lips tightly around it.
6. Press down firmly on the inhaler to release one dose of medicine.
7. Breathe in slowly and deeply until the bag is collapsed (If you hear a whistling sound, breathe slower.)
8. Now hold your breath and count to 5 slowly. Then breathe out slowly into the bag.
9. Repeat steps 7 and 8 a second time.
10. If your doctor has ordered more than one puff, repeat steps 5 through 10 for each puff.
11. Rinse your mouth with water to remove any traces of medicine.



**Picture 5** The InspirEase spacer with an inhaler.



**Picture 6** Breathe in slowly and deeply.



**Picture 7** Hold your breath for 5 seconds. Breathe out slowly.

## Cleaning the InspirEase Spacer

1. After using, take the inhaler out of the mouthpiece. Unlock the mouthpiece from the reservoir bag by untwisting it and taking it out.
2. At least once a day wash the mouthpiece in warm water and dry completely.
3. **Do not wash the bag.** Open the bag out and hold it up to the light to check for any holes. If holes are present, replace the bag.