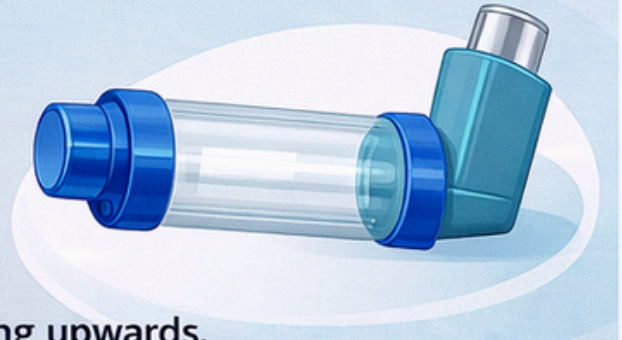


Spacer Use Cribsheet – Tidal Breathing

Use this cribsheet to guide people on the use of spacer devices

Preparation

- ✓ Hold the inhaler upright and remove the cap.
- ✓ Check that the mouthpiece is clean and free from any objects.
- ✓ Shake the inhaler well (you can leave it inside the spacer while shaking).
- ✓ If your spacer has a valve-make sure it is facing upwards.
- ✓ Insert the inhaler into the opening at the back of the spacer.



Using the Spacer

- 1 Remove the cap from the spacer mouthpiece, if it has one.
- 2 Sit or stand up straight and slightly lift your chin to help the medicine reach your lungs.
- 3 The following steps should flow smoothly as one action:
 - Place your lips tightly around the spacer mouthpiece to form a good seal.
 - Press the inhaler once to release a puff of medicine, then breathe in and out **slowly and steadily** through your mouth five times.
 - Remove the spacer from your mouth.
- 4 If you need a second puff, keep the spacer away from your mouth, wait about one minute, and shake the inhaler again.
- 5 Repeat steps 3-4.



Helpful tips:

- Some small spacers may whistle if you breathe in too quickly.
- With larger spacers, you can use the same breathing technique.
- When using tidal breathing, you should hear a soft clicking sound as the valve opens and closes.

Scan here to watch a video on this technique

