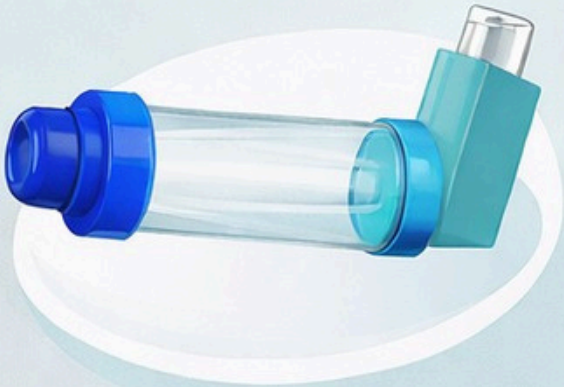
Spacer Use Cribsheet –
Single Breathe and Hold

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 in 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.
- ✔ Remove the cap from the spacer.
- ✔ Sit or stand upright and slightly lift your chin to help the medicine reach your lungs.

Using the Spacer



1. Breathe out gently and slowly, away from the inhaler and spacer, until your lungs feel empty
2. Place your lips tightly around the spacer mouthpiece to form a good seal.
3. Press the inhaler once and bretatt in slowly and steadily through your mouth until your lungs feel full.
4. Remove the spacer from your mouth, close your lips, and hold your breath for up to 10 seconds (or as long as comfortable).
5. Breathe out gently through your mouth, awayom the spacer.
6. If a second puff is prescribed, keep the spacer away from your mouth, wait 30–60 seconds, and shake the inhaler again.
7. Repeat steps 8–12.
8. When finished, remove the inhaler from the spacer and replace the caps on both devices.

- Some small volume spacers make a **whistling sound** if you're breathing in too fast.
- If you're using a large volume spacer like this one, you can use the same breathing technique.