

INFORMATION FOR PATIENTS

How to use a small-volume spacer

This leaflet will inform you how to use a small-volume spacer.



These are small volume spacer devices.

The benefit of using the device correctly is that your asthma or chronic obstructive pulmonary disease (COPD) will be controlled more effectively.

Incorrect use of the device may result in reduced control.

To effectively use your small-volume spacer, follow this step-by-step guide:

1. Use only as prescribed.
2. Remove the mouthpiece cap from both the spacer and the metered dose inhaler.
3. Place the metered dose inhaler into the end of the spacer.
4. Make sure you push it in fully.
5. Shake the spacer and metered-dose inhaler together two or three times.
6. Place the mouthpiece in your mouth, closing lips tightly around the mouthpiece.
7. Breathe out normally and then press down firmly on the canister, releasing one dose of the medication. Breathe in slowly and deeply. If the coaching device or whistle on the spacer sounds, you are breathing in too quickly.
8. Remove the spacer from your mouth while continuing to hold your breath for about ten seconds. Breathe out.
9. For a further dose, wait a few seconds before shaking the spacer and metered dose inhaler together two or three times. Repeat steps 5-8.

10. After use, remove the metered dose inhaler from the spacer and replace the cap, as well as the cap on the spacer.

How to clean the small-volume spacer

These are susceptible to static charge which attracts the medication to the spacer walls and reduces the amount of drug available for inhalation. This static charge can be reduced by washing the spacer in warm soapy water, using a washing up liquid and soaking for a few minutes.

Allow the spacer device to drip dry without rinsing.

The anti-static effects may last up to three to four weeks.

How to store the small-volume spacer

Always check the manufacturer's instructions and the patient information leaflet.

Replacement of small-volume spacer

Check the manufacturer's recommendations and the patient information leaflet. Replace if the valves of the devices are damaged.

Contact details:

Respiratory Specialist Nurse
Cardiorespiratory Department (Clinic 4)
King's Treatment Centre
King's Mill Hospital
Sutton-in-Ashfield

Telephone: 01623 622515, extension 6831, 3541 or 6324, Monday to Friday between 9am–5pm.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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