

## INFORMATION FOR PATIENTS

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# How to use a large-volume spacer device

## Multiple breath technique

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This leaflet will inform you how to use a large-volume spacer device using multiple breath technique.



This is a large-volume spacer device.

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 large-volume spacer device using a multiple breath technique, follow this step by step guide:

To effectively use your large-volume spacer device using a multiple breath technique, follow this step by step guide:

- 1 Use only as prescribed.
- 2 Remove the cap.
- 3 Shake the metered dose inhaler (MDI) and insert into the large volume spacer.
- 4 Place the mouthpiece in your mouth.
- 5 Make sure the mouthpiece valve can be activated by breathing in and out slowly and gently. The large-volume spacer will make a clicking sound as the valve opens and closes.
- 6 Press the MDI once to release the dose leaving the device in the same position and continue to breathe in and out five or six times (tidal breathing).
- 7 Remove the large-volume spacer from the mouth.
- 8 For a further dose, wait a few seconds before shaking the spacer and metered dose inhaler together two or three times. Repeat steps 2-6.

### How to clean the volumatic spacer:

- These are susceptible to static charge.
- Static 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.
- Soak for a few minutes.
- Allow the spacer device to drip dry without rinsing.
- The anti-static effects may last up to three or four weeks.
- The spacer does not need to be washed more frequently unless the one way valve fails to move freely.

### How to store the volumatic spacer:

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

### Replacement:

- Check the manufacturer's recommendations and the patient information leaflet.
- Replace if the valves 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](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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