

## Using an inhaler with an AeroChamber Plus® Flow-Vu® Youth mouthpiece



The AeroChamber Plus® Flow-Vu® Youth is a spacer for use with an inhaler for children and young people aged over 5 years old.

### Step 1.



Remove the cap from the inhaler and check that there is nothing inside the mouthpiece

### Step 2.



Shake the inhaler well

### Step 3.



Place the inhaler in the open end of the spacer and remove the cap from the mouthpiece

### Step 4.



Place your teeth and lips around the mouthpiece and press down once on the inhaler

### Step 5.



Keeping your lips around the mouthpiece, take 5 gentle breaths in and out, watching the valve above your nose move with each breath. If it whistles, you need to breathe in more slowly and gently.

Remove the spacer from your mouth and wait for 30 seconds before repeating steps 2 - 5, if a further dose is needed

Your spacer should be washed weekly if used regularly - please refer to the leaflet inside the packaging for washing instructions