

Using an inhaler with an Aerochamber[®] spacer with mouthpiece

A guide for patients, carers and health care professionals.

STEP 1



Remove the cap from the inhaler.

STEP 2



Shake the inhaler vigorously 4-5 times.

STEP 3



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

STEP 4



Breathe out gently before placing the mouthpiece in your mouth. Seal your lips around the mouthpiece then press down **once** on the inhaler.

STEP 5



Take 3-5 gentle breaths in and out, keeping your lips around the mouthpiece. If it whistles, you need to breathe **in** more **slowly** and gently.

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