

How to use a Metered Dose Inhaler (MDI) with a spacer device

Department of Respiratory

Information for Patients

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Introduction

Inhalers are commonly prescribed for people with lung diseases like asthma and chronic obstructive pulmonary disease (COPD). Inhalers give medicine straight to the lungs where it is needed.

Different types of inhalers are available, and most inhaled medicines are available in more than 1 type of inhaler. It is important to find the inhaler that you can use and are happy to use.

Why is using an inhaler correctly important?

It lets the correct dose of medicine reach your lungs. It gives you better control of your condition. It helps to stop attacks (flare ups).

Examples of MDI Inhalers:

- Salbutamol
- Formoterol
- Beclometasone (Qvar)
- Luforbec



**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

How do I use my MDI with an Easychamber spacer device?

If you are using the inhaler for the first time or you have not used it for a while you need to test the inhaler.

How to do a test spray:

1. Take off the cap covering the mouthpiece.
2. Shake the inhaler well.
3. Point the mouthpiece away from yourself. Press the canister to let out a dose into the air. This is called a test spray.
4. Check the box or leaflet that came with the inhaler. It will tell you how many test sprays you need to do.

How to use the MDI with the Easychamber spacer device:

1. Get your inhaler ready by holding the inhaler upright. Take off the cap covering the mouthpiece.
2. Shake the inhaler well. Insert the inhaler mouthpiece into the hole at the end of the Easychamber spacer.
3. Breathe out as much as you are comfortable. Do not do this into the inhaler.
4. Tilt the chin up slightly. Put the spacer mouthpiece in your mouth and close your lips around it. Make sure your teeth and tongue do not block the mouthpiece. This is where the medicine will enter your mouth.
5. When you breathe in, press the canister at the same time. Slowly breathe in the medicine. If you hear a whistling sound you are breathing too quickly.
6. Pick between:
 - a. **A single breath hold technique:** Continue to breathe in slowly until your lungs feel full. Then remove the spacer and inhaler from your mouth. Hold your breath for up to 10 seconds or for as long as possible. Breathe out slowly away from the device then breathe normally.
 - b. **A tidal breathing technique:** Keeping a tight seal around the Easychamber spacer mouthpiece breathe in and out of the mouthpiece 3 to 5 times. Remove the mouthpiece and breathe normally.
7. Repeat steps above for a second dose if needed. Wait 30 seconds to let your inhaler reset before taking the next dose. Remove the inhaler from the spacer and replace the cap over the mouthpiece.

What can cause problems?

- Your inhaler may not work well if you are not holding the inhaler upright or shaking it before use.
- Wait at least 30 seconds between each dose.
- Do not inhale too quickly or at the wrong time. A spacer device used with your inhaler can help more of the medication reach your lungs. It helps with any co-ordination problems and reduces any side effects.
- If the medicine in your inhaler has steroids (like Qvar or Luforbec), you must rinse your mouth with water or brush your teeth after use. This is to prevent infections such as oral thrush.
- Do not use the inhaler after it is empty. Some MDI's have a dose counter. If yours has a dose counter then check it is not empty. If yours does not have a dose counter then try to remember how many doses you have used.
- Always read the package information leaflet that comes with your inhaler for any specific instructions. Speak to your pharmacist if you need any advice.

How do I look after my MDI and Easychamber spacer device?

- Keep your inhaler clean and cover the mouthpiece when not in use. This will stop dust from gathering in your mouthpiece.
- Store your inhaler somewhere cool and dry out of the reach of children. Keep it away from hot windowsills and damp bathrooms.
- Remove the protective cap from the mouthpiece of the inhaler. Wipe inside and outside the mouthpiece with a clean, dry cloth or tissue. Replace the mouthpiece cover.
- Wash your Easychamber spacer device once every month:
 1. Remove the rubber end from the spacer. Soak all parts in lukewarm water with mild liquid detergent for **15 minutes**. Do not use boiling or hot water. Move it around gently. Do not rinse the chamber. Leaving a very thin film of detergent improves the performance of the spacer.
 2. Shake off excess water. Let it air dry in an upright position. Do not rub dry.
 3. Once completely dry replace the back piece ready for use.
- Replace your spacer device every year or before if it starts to look cloudy. You can clean the mouthpiece with a clean cloth or tissue after each use if needed.
- Always remember to check the use by date of your inhaler. Some inhalers have a reduced expiry date when in use. Check the package information leaflet that comes with your inhaler.
- If your inhaler has a counter when the counter reaches 0 (zero) you need to replace the device. Plan before to make sure you do not run out of inhalers, especially over holidays.

How do I know I am doing it right?

We encourage you to ask your doctor, nurse or pharmacist to check that you have a good technique by showing them how you usually use your inhalers.

For the single breath hold technique watch: www.asthmaandlung.org.uk/living-with/inhaler-videos/spacer-single-breath or scan this QR code:



For the tidal breathing technique watch: www.asthmaandlung.org.uk/living-with/inhaler-videos/spacer-tidal or scan this QR code:



The environment and my inhaler

- To reduce waste, only order the inhalers that you need.
- You should not put your old or unwanted inhalers in your household rubbish or recycling bins. Take your old or unwanted inhalers to your local community pharmacy who will dispose of them in an environmentally friendly way.
- There are types of inhaler devices which are more environmentally friendly. If you would like to try one of these please speak to your healthcare provider.

Contact details:

Contact your GP / Practice team for more advice and support or call **NHS 111**.

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على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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