

How to use a Metered Dose Inhaler (MDI) with Spacer / Chamber



Interior Health
Every person matters

Patient Information

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Important Reminders

- **Only spray 1 puff** of medication into the spacer / chamber at a time.
- If you need to take more than 1 puff, **wait 30 seconds** between puffs.
- **If you hear a whistle**, you are breathing in too fast and the medication won't get deep into the lungs where it needs to go. Breathe in slower.

Cleaning the Spacer / Chamber

- See instructions on page 3.

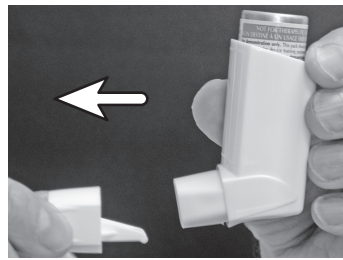
Cleaning the MDI / puffer

- The MDI / puffer comes with a metal canister and a plastic sleeve.
- If you use the MDI / puffer regularly you should clean the plastic sleeve once a week.
- MDIs / Puffers come with and without a dose counter and have different cleaning directions.
- Please see the package insert for cleaning instructions.

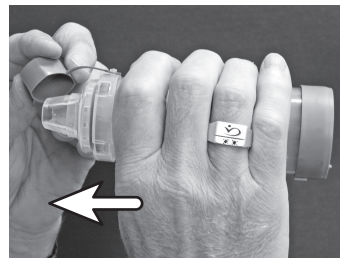
This document is for informational purposes only. For detailed instructions on use of the MDI and spacer/chamber and information about your medication please see the package insert(s) or ask your pharmacist.

Healthlink BC	Nurse	24 hours a day	Daily	Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.
Call 8-1-1	Dietitian	9 am – 5 pm	Mon – Fri	
	Pharmacist	5 pm – 9 am	Daily	
	Hearing Impaired	Call 7-1-1		
www.healthlinkbc.ca				

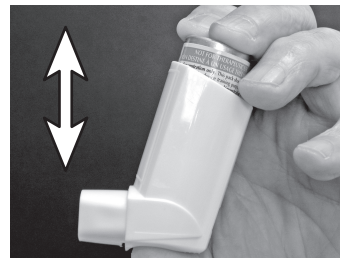
How to use a Metered Dose Inhaler (MDI) with Spacer/Chamber (continued)



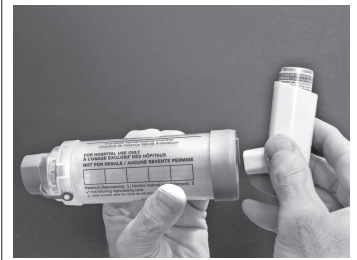
1. Take the cap off the MDI.



2. Take the cap off the spacer/chamber.



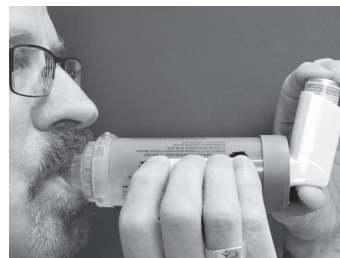
3. Shake well.



4. Put the MDI into the spacer/chamber.



5. Breathe out, away from the spacer/chamber, to the end of a normal breath.



6. Put the spacer/chamber between your teeth and seal your lips around it.



7. Press down on the MDI once and let go. Breathe in slowly until your lungs are full. NO WHISTLE should be heard. (If you do hear a whistle, breathe in slower).



8. Take the spacer/chamber out of your mouth.

Hold your breath for 10 seconds if you can.

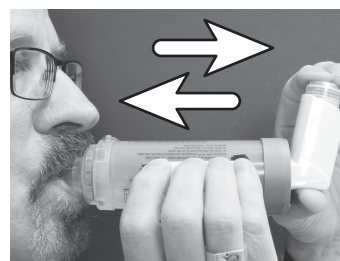
Breathe out.



9. If you need a second puff, wait 30 seconds, shake your inhaler again, and repeat steps 5 to 8.



10. Rinse, gargle and spit out.



NOTE: Step 7: If you can't take a deep breath in and hold it, keep your lips tight and breathe in & out slowly 5–6 times.

Remember:

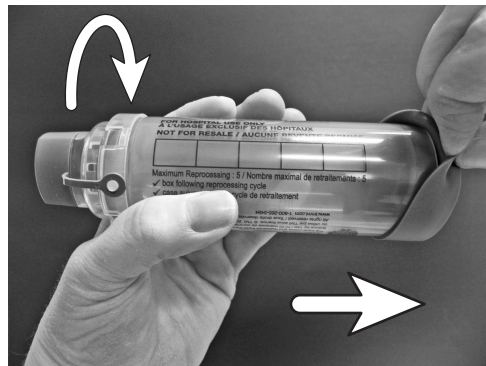
NO WHISTLE when you breathe in.

If you do hear a whistle, breathe in **slower**.

How to use a Metered Dose Inhaler (MDI) with Spacer / Chamber (continued)

How to Clean your Spacer / Chamber

The following instructions can be used generally for any spacer / chamber. Please see package insert for detailed instructions on each device.



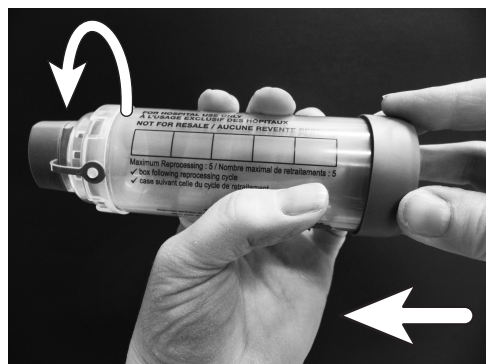
- If the mouthpiece is removable you can twist it off, otherwise leave it on.
- Take the rubber end off.



- Put a couple of drops of mild dish soap in a sink of warm water.
- Soak the parts for 15 minutes and then shake them through the soapy water.
- Rinse the mouthpiece with clean water if needed.
- Do not use a cloth or brush inside.



- Let dry overnight. Do not dry with a cloth.



- Make sure all of the parts are dry
- Twist the mouthpiece back on (if you took it off).
- Put the rubber end back on so it lines up with the mouthpiece.