

How to use a large volume spacer device

eg Volumatic/Nebuhaler

Single Breath Technique

Method for patients who can use the device without help

Children's Clinic
Pilgrim Hospital
01205 445416
www.ulh.nhs.uk

Aim of the leaflet

This leaflet is aimed at older children with asthma. This leaflet aims to tell you how to use a large volume spacer device for children using the single breath technique.

How to use the device

1. Fit the two halves of the Volumatic/Nebuhaler together and check the mouthpiece is clean and that the valve inside moves when you shake the device.
2. Remove the cap off the metered dose inhaler (spray or “puffer”). Check the mouth piece is clean. If it is new or has not been used for more than a week then point the mouthpiece away from you and release one or two puffs into the air.
3. Shake the inhaler 4 or 5 times and insert into the back of the spacer.
4. Breathe out gently for as long as is comfortable.
5. Place the mouthpiece between your teeth and lips, making a seal so no medicine can escape.
6. Press the inhaler canister once to release a dose of the medicine into the spacer.
7. Take a deep, slow breath in.
8. Hold your breath for about 10 seconds or for as long as is comfortable.
9. Remove the device from the mouth and breathe out.
10. If you need to take a second dose, wait about 30 seconds and repeat sections 1 to 7.

Additional information

If the valve sticks, wash the device and dry as instructed. If it still sticks you need a new device.

A Volumatic will need replacing every 6 to 12 months, depending on how much you use it.

Do not share your Volumatic with anyone else.

Care of the Volumatic

The Volumatic is **NOT** dishwasher safe.

Wash the Volumatic before first use and then once a month.

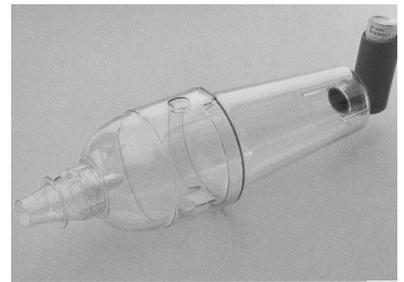
Pull the two halves of the Volumatic apart.

DO NOT REMOVE THE VALVE.

Wash the two halves in warm water containing a mild detergent (e.g. washing up liquid). You can use a soft brush/toothbrush to remove any film which appears on the valve or inside the Volumatic.

Wipe the mouthpiece only. Leave the parts at room temperature to drain until completely dry.

Do not rub inside the Volumatic with a cloth or polish as this may cause static electricity which can affect the medicine.



Do not put in a heated place to dry more quickly.

Check that the valve still moves after cleaning.

Store in its box or other protective covering to keep clean.

Contact details

If you have any questions about any of the information contained in this leaflet please contact the Children's Clinic on 01205 445416.

Further information

Further information about using your inhaler can be found on the Asthma UK website.

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please e-mail the Patient Information team at patient.information@ulh.nhs.uk