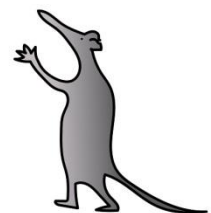


## Respiratory Department

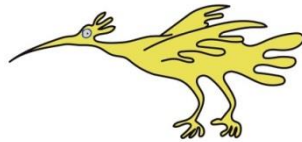
### How to use a Metered Dose Inhaler and Large Volumatic Spacer

1. Fit the two halves of the Volumatic spacer together.
2. Remove the mouthpiece cover from the metered dose inhaler (MDI).
3. Shake the inhaler and insert into the Volumatic spacer.
4. Place the mouthpiece in your mouth between teeth. Close lips firmly but do not bite mouthpiece. **Do not put your lips over the side holes of the mouthpiece, as the valve will not work.**
5. Press down on the cannister of the inhaler to release ONE puff of medicine. Continue breathing normally for 5 slow breaths. You should be able to hear the valve 'click', as you breath in and out.
6. Remove the volumatic from your mouth.
7. Wait for 30 seconds before repeating steps 3-6.
8. When using this method for inhaled steroids, remember to rinse your mouth out with water after treatment and/or brush your teeth.



## Looking after Your Spacer

- If using daily, the Volumatic spacer should be washed at least twice a week
- Pull apart the two halves of the spacer
- Wash in warm soapy water
- Do not rinse (as this creates static)
- Leave to dry at room temperature until completely dry
- Do not rub the inside with a cloth, as this will also cause static
- The large Volumatic spacer device should be replaced every 12 months, via GP



This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

Alder Hey Children's NHS Foundation Trust  
Alder Hey  
Eaton Road  
Liverpool  
L12 2AP

Tel: 0151 228 4811  
[www.alderhey.nhs.uk](http://www.alderhey.nhs.uk)

