

INFORMATION FOR PATIENTS

How to use a large-volume spacer device

Single breath technique

This leaflet will inform you how to use a large-volume spacer device using single breath technique.



This is a large-volume spacer device.

The benefit of using the device correctly is that your asthma or chronic obstructive pulmonary disease (COPD) will be controlled more effectively.

Incorrect use of the device may result in reduced control.

To effectively use your large volume spacer device using a single breath technique follow this step by step guide:

1. Use only as prescribed.

2. Remove the cap.
3. Shake the metered-dose inhaler (MDI) and insert into the large-volume spacer.
4. Place the mouthpiece in your mouth.
5. Press the MDI once to release the dose of the drug.
6. Take a deep, slow breath in.
7. Hold the breath for about ten seconds. Then breathe out through the mouthpiece.
8. Remove the large-volume spacer from the mouth.
9. For a further dose, wait a few seconds before shaking the spacer and metered-dose inhaler together repeating steps 3-8.

How to clean the spacer

These are susceptible to static charge. Static attracts the medication to the spacer walls and reduces the amount of drug available for inhalation. This static charge can be reduced by washing the spacer in warm soapy water, using washing up liquid and soaking for a few minutes.

Allow the spacer device to drip dry without rinsing.

The anti-static effects may last up to three or four weeks.

The spacer does not need to be washed more frequently unless the one-way valve fails to move freely.

How to store the spacer

Always check the manufacturer's recommendations and the patient information leaflet.

Replacement:

- Check the manufacturer's recommendations and the patient information leaflet.
- Replace if the valves of the devices are damaged.

Contact details

Respiratory Specialist Nurse
Cardiorespiratory Department (Clinic 4)
King's Treatment Centre
King's Mill Hospital
Sutton-in-Ashfield

Telephone: 01623 622515, extension 6831, 3541 or 6324, Monday to Friday between 9am–5pm.

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222
Newark Hospital: 01636 685692
Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202309-05-LVSSB
Created: November 2015 / Revised: September 2023 /
Review Date: September 2025