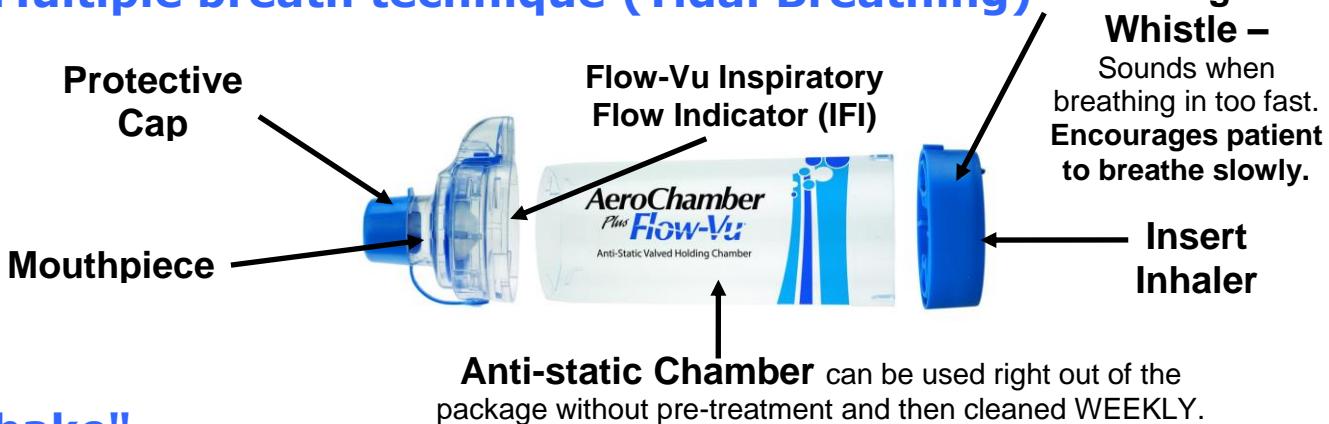


How to use the Aerochamber^{Plus} Flow-Vu® (Anti-static spacer)

Multiple breath technique (Tidal Breathing)



"Shake"

1. Remove the **protective cap** from the inhaler and from the mouthpiece of the **aerochamber**
2. **Shake the inhaler** for a few seconds immediately before each use (to mix the contents of the inhaler)
3. Insert the inhaler into the backpiece of the chamber
4. Place the aerochamber mouthpiece into your mouth and **form a seal** (to prevent the drug escaping), ensure your tongue remains flat and does not obstruct the mouthpiece. Keep the inhaler in position. The Flow-Vu inspiratory flow indicator only moves if you have a good seal.

"Breathe"

5. Start to **breathe in and out slowly** through your mouth to fill and empty your lungs
6. Once the breathing pattern is well established, press the inhaler down **ONCE only** at the beginning of a slow inhalation as the Flow-Vu IFI moves towards you. Use the Flow-Vu IFI to count breaths
7. With your mouth still sealing the mouthpiece, continue to breathe in and out **SLOWLY** through your mouth **five or six times**

If you hear a whistling sound you are breathing in too quickly

8. Remove the device from your mouth
9. For a **second dose** wait 30 seconds before repeating steps 2 – 8

Breathe in slowly!

To see a demonstration on correct inhaler technique visit

https://www.rightbreathe.com/spacers/2281/?s=&device_type=spacer#Spacer

Always administer ONLY ONE (1) puff at a time

Always rinse your mouth, gargle and spit out after using steroid inhalers

(E.g. Beclometasone, Budesonide, Fluticasone (Fostair, Symbicort, Seretide))

Follow the information sheet supplied on how to look after your spacer.