How to use the Aerochamber ᴾˡᵘˢ Flow
(Anti-static spacer device)

Protective Cap

Flow-Vu Inspiratory Flow Indicator (IFI)

FlowSignal Whistle – Sounds when breathing in too fast. **Encourages patient to breathe slowly.**

Insert Inhaler

Mouthpiece

Anti-static Chamber – can be used right out of the package without pre-treatment and then cleaned WEEKLY.
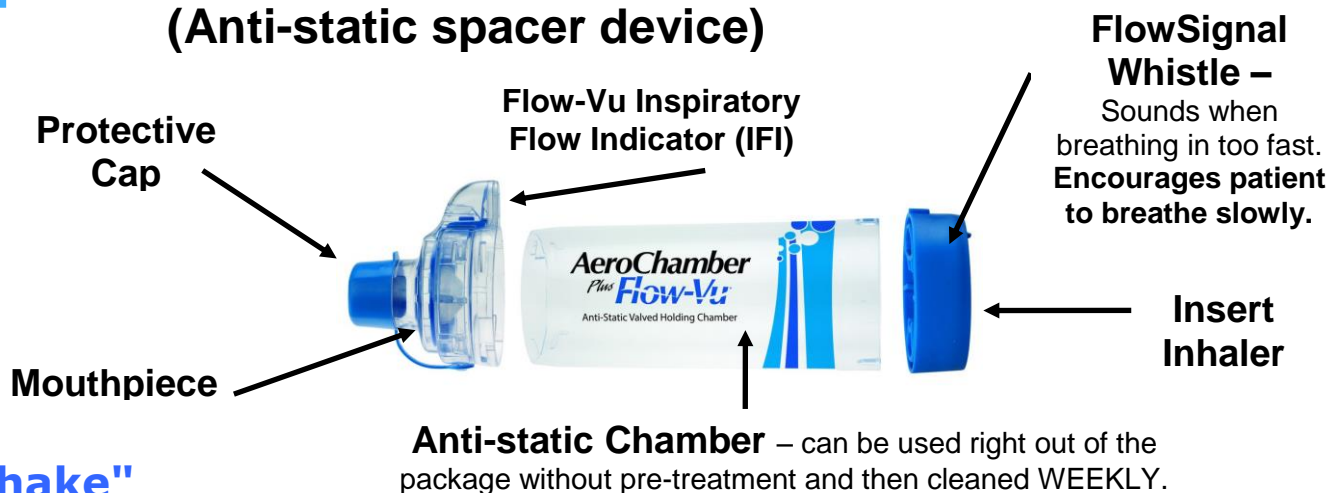
"Shake"

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. **Breathe out gently** (to make room in your lungs to breathe in deeply)
6. Press the inhaler down **ONCE only** at the beginning of a slow inhalation. Use the Flow-Vu IFI to assist in the coordination of this step
7. Breathe in **slowly and deeply** through your mouth to fill your lungs.

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

"Hold Breath"

8. **Hold your breath** for 5-10 seconds if possible (to allow the drug to settle in your lungs), and then breathe out slowly away from the Aerochamber
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

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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.