

Inhaler Technique

As only 10-15% of the medication reaches the lower airways, good technique is very important.

1. Remove the dust caps of the MDI and Aerochamber spacer device,
2. Shake the MDI and insert into the backpiece of the Aerochamber,
3. Place lips firmly around mouthpiece of the aerochamber, press the MDI down once and release,
4. Take a deep, slow breath in, if you hear a whistling sound, you are breathing in too quickly,
5. Hold your breath for about ten seconds, then breathe out.
6. Wait 30 seconds before repeating steps 3-5 for a second dose.
7. Always replace the dust cap after.
8. Always remember to gargle with water after using your inhalers and spit out the residue.

Further advice:

- Wash your spacer in hot soapy water, rinse in clean water and then leave to drip dry.
- This should be done once a month and before using a new one.
- All spacers should be replaced every 6 months.
- How long my inhalers will last: All inhalers which contain pressurised gas, will only last as long as the number of doses stated on the box.
E.g. Salbutamol inhaler has 200 doses. If it is being used 2 puffs 4 times daily it will only last 25 days.

You can request this information in a different format or another language.

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Inhaler with AeroChamber information leaflet



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