

How to use a Spacer device e.g. a Volumatic

Single breath technique:

1. Align the two halves of the Volumatic device and press together.
2. Shake inhaler and insert into the Volumatic
3. Put mouthpiece in mouth and breathe out
4. Press the canister once to release a dose of the drug and take a deep, slow breath. The valve will make a clicking sound.
5. Remove the device from mouth and hold breath for 10 seconds.
6. For a second dose, wait 30-60 seconds before repeating steps 2-5.



Demonstrate your device technique to your GP, nurse, pharmacist or clinical specialist at every opportunity