

Medications

Salbutamol is the blue inhaler known as the **reliever**.

Two puffs of the blue inhaler can be taken up to four times a day if needed.

It should work within five minutes and last up to four hours.

..... is the inhaler known as the **preventer**.

It is an anti-inflammatory medication and contains a steroid.

It must be taken everyday to prevent inflammation in the lungs.

Rinse your mouth after using the preventer to prevent hoarseness or oral thrush

When using the two inhalers always use the reliever (blue inhaler) first

The Children's Respiratory Team

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Candidate

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For appointments contact

01 4142409/4142410

For further information on asthma and demonstration of inhaler devices log onto www.asthmasociety.ie

or contact **Asthmaline**
1850 44 54 64
E-mail address :
office@asthmasociety.ie

Patient Information Leaflet



Children's Respiratory Department Volumatic Spacer Device

Single Breath Technique



**THE ADELAIDE & MEATH
HOSPITAL, DUBLIN**
INCORPORATING THE NATIONAL CHILDRENS
HOSPITAL

HOW TO USE

1. Fit the two halves of the volumatic together.
2. Remove the cap of the inhaler.
3. Shake the inhaler well.
4. Fit the inhaler firmly into the adaptor end of the volumatic.
5. Place the mouthpiece in the mouth between lips and teeth.
6. Seal the lips firmly around it. Avoid putting lips over the side holes of the mouthpiece.
7. Breathe out into the device as far as is comfortable.
8. Press the inhaler once to release a dose of medication into the volumatic.
9. Take a slow deep breath in.
10. The valve should click as you inhale through it.
11. Hold the breath for about 10 seconds then breathe out.
12. Remove the device from the mouth.
13. If you need to take more than one puff wait thirty seconds.
14. Remove the inhaler from the volumatic and repeat steps 3 -12.

CLEANING AND STORAGE

1. Clean monthly to reduce static.
2. Gently pull the two halves of the volumatic apart.
3. Soak in warm water and mild detergent for a few minutes.
4. Do not rinse.
5. Drip dry only, do not dry with a cloth or tissue.
6. Wipe the mouthpiece to remove detergent before use.
7. When not in use store the spacer device in a bag /carton to keep clean.

NOTE : Please see manufacturers information leaflet for further information

OTHER FEATURES

1. Before attaching the metered dose inhaler to the volumatic, the inhaler may need to be primed if it has not been used in a week or more, this is done by releasing one puff into the air.
2. Only actuate **one** puff of the inhaler into the volumatic at a time.
3. The volumatic reduces local side effects such as hoarseness or oral thrush.
4. Volumatics are single patient use only and should not be shared with anyone.
5. The volumatic should be replaced at least every 12 months.
6. If the valve is damaged or fails to open, the volumatic should be replaced.
7. Suitable medications to use with the volumatic are Ventolin(salbutamol) Becotide (beclamethasone) Flixotide (fluticasone), Seretide (combination fluticasone and salmeterol)