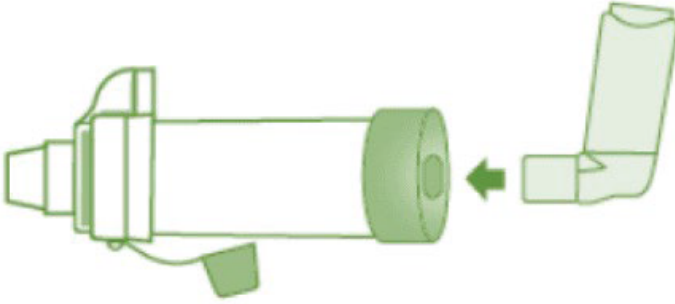




تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster
شركة الصحة القابضة



Instructions of How to Use Inhalers with Spacers



Before use:

- ◆ Check the expiration date of the inhaler.
- ◆ Check the prescribed number of puffs.
- ◆ Put the spacer together as shown in the picture.



How to use:

1. Remove the protective cap from the inhaler, and make sure there is no any impurities or metal parts inside.
2. shake well.
3. Spray one puff in the air in case this is the first time you use the inhaler or if you didn't use it for more than 24 hours.
4. Make sure there is no any impurities or metal parts in the spacer.



5. Place the spacer on the patient's face and make sure it is positioned correctly.



6. Insert the inhaler into the end of the spacer then press the puffer once. Do not remove the spacer from the patient's face until after the patient has taken 10 puffs (for adults), or 5 puffs (for children).



7. Remove the spacer from the patient's face.

8. Wait 1-2 minutes if you are going to take a second puff.

9. Remove the inhaler from the spacer. Repeat steps (step 5 to 8) based on the number of puffs prescribed by the doctor.





The patient must know how to clean the spacer:

- ◆ Wash the spacer weekly.
- ◆ Pull off the front cover.
- ◆ Wash with water and soap then soak for 15 minutes.
- ◆ Dry the spacer without using tissues.
- ◆ Wait for it to dry before reinstalling and using it.



Note: Rinse your mouth after using corticosteroids.

لأن الوعي وقاية

إدارة التثقيف الصحي

Home Care Allied Health Department

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