

How to use your inhaler with a Spacer

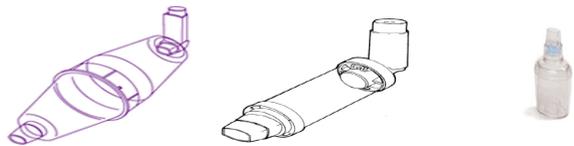
1. Remove cap from inhaler. Shake inhaler well and insert into the spacer.
2. Place the mouthpiece in the mouth.
3. Press the canister **ONCE** to release one puff of the drug. Don't spray more than one puff at a time into the spacer.
4. Take a slow deep breath in. Hold the breath for about 10 seconds, then breathe out through the mouthpiece. If it is difficult to take a deep breath see below.
5. Remove the spacer from the mouth.
6. For a further dose, wait a few seconds before shaking the spacer and inhaler together before repeating steps 3-6.

If it is difficult to take a deep breath follow step 1 & 2. above then:

3. Press the canister **ONCE** to release one puff of the drug and breathe in and out slowly and gently about 5—6 times. Then



follow steps 5 & 6 above.



Volumatic Aerochamber A2A
Any spacer should be washed once a month in mild detergent and left to dry in air. More frequent cleaning is not necessary.

Your spacer needs to be changed at least once a year.

What is the best way to prevent flare-ups?

- Use your medication daily as prescribed
- Stop smoking - visit www.smokescape.org; email - stopsmoking@buckspat.nhs.uk or call 0845 2707 222
- Keep active and get the flu jab and pneumococcal vaccine
- Attend **Pulmonary Rehabilitation** or the **David White Group**. Ask your doctor or nurse for more details
- Consider joining a support group





Your local patient-led support groups for all those affected by lung disease and breathing problems.

Breathe Easy aims to **provide information, advice and support**. Breathe Easy is not able to supply medication specific advice.

Breathe Easy Buckinghamshire:
We meet on the 2nd Friday of the month, from 1.00pm, at Dawnley Community Centre, School Close, High Wycombe
Call Joyce on 01494 813556 or Angie on 01494 527062 for more information

Breathe Easy Aylesbury Vale:
We meet on the 1st Wednesday of the month, from 2.30pm, at The Ark, 28 Risborough Road, Stoke Mandeville
Call Laurel on 01494 863080 for more information

Breathe Easy Winslow & Buckingham:
We meet on the last Wednesday of the month, from 2.00pm, at Bowls Club, Elms Field Gate, Winslow,
Call Zoe on 01296 712416 for more information

For more information on flare-ups, how to obtain stand-by treatment or questions regarding medical information in this leaflet contact your GP or Nurse or visit www.buckslungs.org

A guide to stand-by treatment for 'flare-ups' of COPD



Name:

Date of Birth:

NHS No:

If you have any queries or concerns please contact your GP or Nurse.....

On... ..

Out of Hours advice is available from Bucks Urgent Care on
111

What is a 'flare-up'?

Many people with **Chronic Obstructive Pulmonary Disease (COPD)** have times when their usual symptoms become worse, for example finding it harder to breath. This is called 'flare-up'. This can often happen when the weather suddenly gets colder.

If treatment is started quickly, the situation may not become severe enough for you to have to be treated in hospital.

Recognising a 'flare-up'

You may not get all the symptoms, but any **two or more** can indicate a flare-up:

- Increased breathlessness
- Change in sputum colour
- Increase in amount of sputum
- New or increased cough even if it doesn't bring anything up
- New or increased wheeze and/or chest tightness

You must only take antibiotics if your sputum changes colour.

What to do when a 'flare-up' happens

Step 1:

Increase your bronchodilator inhaler

Increase your reliever inhaler called Salbutamol or Atrovent. This will relieve your breathlessness by opening your airways.

Always use your spacer if you have one. These can take up to **ONE** hour to reach maximum effect.

The usual dose with this inhaler is up to two puffs four times each day. In flare ups you may need to use higher doses of this inhaler

Inhale _____ puffs every _____ hours for a short time.

On the back of this leaflet is a brief reminder on how to use your inhaler.

AND

Start Prednisolone tablets

Take **40mg of Prednisolone** (8 of the 5mg tablets) as soon as you have new symptoms.

Complete the course by taking **the same dose of Prednisolone** with food the following morning for a further **four** more days.



Step 2:

Start Antibiotics

You must only take antibiotics if your sputum changes colour

Take _____ mg (dose) of _____ (antibiotic), _____ times daily for _____ days
(This will be completed by your nurse or doctor)

Follow the instructions on your tablets and make sure you complete the course.

Please inform your GP or nurse if you cannot tolerate them.

Step 3:

Inform GP

Inform your GP/nurse when you start the stand-by medication.

You should start to feel better within two days. If you do not, contact your doctor or nurse to let them know what is happening.

Arrange a repeat prescription for the stand-by medication used.

Arrange an appointment with your GP or nurse to review your treatment.

You will always need to keep a stock at home.