

Looking after your spacer



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Top tips

Keep your spacer clean to make sure you get the full benefit of the asthma medicine each time you use it.

If your spacer looks cloudy, it doesn't mean it's dirty!

Just wash it once a month.

If you use the spacer every day, get a new spacer yearly.

Cleaning

1. Soak your spacer in warm soapy water for 15 minutes.
Do NOT put it in the dishwasher.
2. You can scrub the outside of the spacer and the mouthpiece.
Do NOT scrub the inside of the spacer as it will not work as well.
3. Leave it to air dry, this reduces static and stops your asthma medicine sticking to the side of the spacer.
Do NOT wipe or towel dry.

Put it back together

1. Once dry, put the spacer back together.
2. Wipe the mouthpiece before use.

Storage

1. DON'T put your spacer in a plastic bag, static will build up and your asthma medicine won't work as well.
 2. Keep your spacer away from dust and liquid.
 3. Always keep your spacer in its own small bag, you don't want it to get scratched and stop working.
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Additional information

Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

If you would like this information in another language or another format such as braille, large print or an electronic or audio file, please contact the Patient Advice and Liaison Service (PALS) on **020 8333 3355** for University Hospital Lewisham or **020 8836 4592** for Queen Elizabeth Hospital or email **LG.pals@nhs.net**

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