

PATIENT INFORMATION

HOW TO USE AND CARE FOR A VORTEX SPACER WITH A MOUTHPIECE



How to use and care for a vortex spacer with a mouthpiece

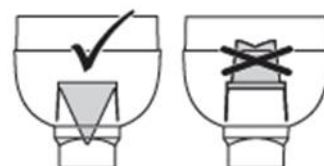
This leaflet is designed to be given alongside inhaler technique demonstrated by your asthma nurse.



Dependant on age and technique you will be advised whether to use a mask or mouthpiece with your spacer.

Before first use

1. Run clean drinking water through the Vortex spacer to ensure there are no blockages.
2. Ensure the valve is correctly positioned (as seen in the picture).
3. Allow to air dry fully before use.



Using Vortex spacer with your inhaler

- Remove cap from spacer.
- Ensure there is nothing inside the spacer and that the valve is correctly positioned (see picture above).
- Take the cap off the inhaler and check there is nothing in the mouthpiece.
- Shake the inhaler well.
- Put the inhaler into the opening on the spacer (opposite the mouthpiece)
- Ensure your child is stood or sat up straight with their chin tilted slightly upward, this helps the medicine reach your lungs.

The next steps all happen smoothly in one action

1. Ensure your child breathes out gently and slowly away from the inhaler and spacer until their lungs feel empty and they feel ready to breathe in.
2. Place the mouthpiece in your child's mouth.
3. Press the canister on the inhaler once and ensure your child inhales slowly and steady 2-4 times.
4. Remove the device from your child's mouth.
5. Remove the inhaler from the spacer.

If they require more than 1 puff

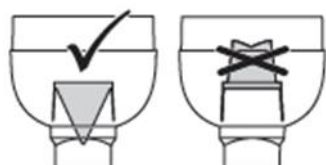
6. Shake the inhaler and put inhaler back into the opening on the spacer (opposite the mouthpiece).
7. Wait 30 seconds before repeating steps 1-4.
8. When finished, take the inhaler out of the spacer and replace the cap on the inhaler.
9. Store both the spacer and inhaler in a fabric bag (plastic reduces the amount of medication that reaches your child's lungs) or out of reach on a clean surface.
10. If you've used an inhaler that contains steroids (Brown, orange or purple inhalers), rinse your mouth with water and spit it out to reduce any chance of side effects.

If you hear an audible whistling sound coming from the spacer they are breathing too fast or hard, if this cannot be resolved please seek advice from your asthma nurse.

Care of Vortex – clean once a week

(Do not wash inhaler)

1. Remove mask
2. Swill vortex chamber in luke warm water with liquid detergent then allow to soak for 15 minutes. Rinse and shake spacer to remove excess water.
3. OR place parts in top shelf of dishwasher (cycle above 50C and not with very dirty items) then shake spacer to remove excess water.
4. If you wish to sterilise vortex spacer, place all parts in boiling water for 5 minutes.
5. Allow to air dry, DO NOT use heat to speed up drying process. Ensure fully dry before use.
6. Reassemble and store as above.
7. Ensure valve (in mouthpiece) is correctly positioned prior to next use, if it is incorrectly positioned run water through the spacer to correct this.
8. Store out of continuous direct sunlight



Failure to follow these instructions reduces effectiveness of inhalers

Vortex spacers should be replaced 12 monthly.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.