

PATIENT INFORMATION

PEAK FLOW METER

THIS IS A TOOL THAT MEASURES HOW OPEN OR CLOSED
YOUR BREATHING TUBES ARE

BENEFITS OF USING A PEAK FLOW METER...

- You can tell what is going on inside your breathing tubes – rather than by guessing or ignoring how you feel
- You can find out if your treatment (inhalers) is effective
- It tells you if you need to use your action plan
- It is an ongoing record for you, your nurse or doctor to accurately monitor your breathing tubes (highs and lows) over a period of time.

This means:

- You are in control
- You keep well and can be as active as you want
- Fewer visits to doctor and hospital (less money spent).

WHEN TO USE A PEAK FLOW METER...

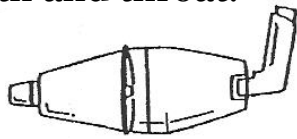
- It is MOST IMPORTANT to use it FIRST THING IN THE MORNING (as soon as you wake) and again in the evening, before bed
- Do peak flow readings before inhalers and 30 minutes after inhalers (depending on which one you use).

This will give you an indication of how the inhalers have worked that day and over time.

SPACERS – A SIMPLE GUIDE

WHAT IS A SPACER...?

A spacer is a device designed to deliver more medication to the airways and less medication inside the mouth and throat.



HOW TO USE A SPACER...

1. Shake puffer.
2. Put puffer into spacer.
3. Put spacer mouthpiece into your mouth.
4. Push puffer once.
5. Take FIVE NORMAL (SLOW BREATHS).
6. Repeat steps 1 to 5 for every single puff as prescribed, i.e. if you are going to use four puffs of inhaler then do steps 1 to 5 four times.

HELPFUL HINTS...

- Always rinse and spit out after using your preventer (brown/red/orange inhalers). This reduces potential side effects.
- Check your technique regularly when you see your GP or Practice Nurse to ensure you are getting the most out of your medication.

If you have any queries regarding the use of your spacer (or any inhaler device) you can check with your GP or Practice Nurse or the MidCentral Health Respiratory Nurses.

PRIMING A SPACER...

Wash all spacers prior to use and at regular intervals by washing in warm soapy water. **DO NOT RINSE** – leave to air dry.

CLEANING...

1. Clean your spacer once a week or more, if needed. Take the spacer apart:
 - Big spacers – divide in the middle.
 - Small spacers – only the puffer end comes off.
2. Wash in warm water with detergent (do not scrub inside of spacer – do not rinse).
3. Allow spacer to air dry, i.e. place in airing cupboard over night (make sure the spacer is dry before you use it again).
4. Do not use anything to dry the inside of the spacer because this will encourage the medication to cling to the walls of the spacer.
5. Do not place in direct sunshine.

