

Cleaning a Spacer or Valve Holding Chamber

Most manufacturers of spacers or valve holding chambers state that you should clean it before the first use and then weekly by following the instructions provided on the instructional insert included in the packaging. These instructions may vary slightly depending on the product manufacturer.

Typically Cleaning Instructions are as follows:

- Remove the flexible backpiece (where the inhaler or metered dose inhaler (MDI) is inserted into the spacer) and remove the cap over the mouthpiece or the mask adapter assembly (if your spacer includes a mask – such as for children)
- Soak the disassembled parts for 15 minutes in a **mild** solution of liquid dish detergent and lukewarm clean water. Agitate gently. Rinse the parts in clean water.
- Shake out excess water from the parts and allow to air dry (place on a clean towel to dry).
- Ensure that parts are completely dry before reassembly.
- To reassemble, fit the cap for the mouthpiece or mask adapter assembly on the end of the chamber (twist mask assembly firmly until parts are securely locked into position).
- Center the alignment on the flexible backpiece (where the inhaler is placed) with the flow indicator and exhalation valve. Press firmly to seat backpiece.

**Clean your spacer weekly and after any illness; wipe off mouthpiece daily.

**With proper care and cleaning your spacer should last for a long time.

**DO NOT share your personal medical devices or medications with someone else. You may pass an illness between individuals and not all medications are safe unless they are prescribed by a physician or other primary care provider to use.