

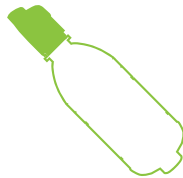
IN THIS LEAFLET:

- 1 WHAT AN AFRISPACER™ IS AND WHAT IT IS USED FOR**
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1 WHAT AN AFRISPACER™ IS AND WHAT IT IS USED FOR

Inhalers contain the medication needed to treat your asthma, but the medication must be delivered to the lungs. It is difficult for children to learn the correct technique and get good medication delivery into the lungs. The AfriSpacer™ is a spacer device which slows the speed of the spray down and helps you get more medication into your lungs. A spacer is recommended for all children, and for adults with difficult to control asthma. The AfriSpacer™ can be used alone, or with the one-way AfriValve™.

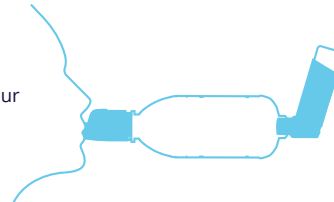
The inhaler with an AfriSpacer™ is as or more effective than home nebulizers.



2 HOW TO USE AFRISPACER™ & AFRIVALVE™

Clean the AfriSpacer™ before first use (see section 3).

- Inspect inside and outside the inhaler mouthpiece to ensure it is clean and free of objects.
- If the inhaler is new or has not been used for a week or more, point the mouthpiece away from you and release one or two puffs into the air.
- Shake the inhaler 4 or 5 times to ensure that the contents of the inhaler are well mixed.
- Fit the inhaler firmly into the end of the AfriSpacer™, on the opposite side from the mouthpiece.
- Hold the device as shown. Place the mouthpiece in your mouth between your teeth. Close your lips firmly around the mouthpiece but do not bite it.



- Breathe out as far as is comfortable. Press down firmly with your finger(s) on the top of the inhaler to release one puff of medicine. Straight away take one deep steady breath (see 'single breath technique' below) or 6 normal breaths (see 'six breath technique' below) to make sure that the medicine goes into your lungs. You do not need to take the AfriSpacer™ out of your mouth to breathe out.
- You must inhale one puff of inhaler medication at a time.
- Take the AfriSpacer™ out of your mouth and breathe out through your nose.
- If you need to take more than one puff, remove the inhaler and repeat steps above. Wait for around 30 seconds before taking each puff of medicine.
- After use, remove the inhaler from the AfriSpacer™. Replace the mouthpiece cover to keep out dirt.

SINGLE BREATH INHALATION TECHNIQUE:

- Can be used with the AfriSpacer™ alone or with the AfriValve™
- Shake your inhaler
- Insert AfriSpacer™ into mouth with a good seal
- Breathe out as much as possible
- Start breathing in slowly
- Actuate inhaler immediately after inhalation
- Breathe in slowly to full lung capacity
- Hold breath for 10 seconds and breathe out through nose

SIX BREATH TECHNIQUE:

Children who cannot take one breath in and hold their breath, should use the AfriSpacer™ with the one way AfriValve™ at the front, and use the “six breath technique”.

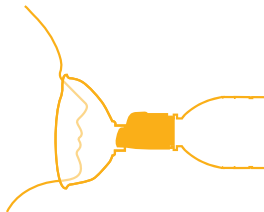
- Use with the AfriValve™
- Shake and insert into mouth with good lip seal
- Actuate inhaler
- Breathe in and out slowly to full inhalation and full exhalation
- Repeat 6 times

FACE MASK:

Very small babies who cannot put the spacer in their mouths properly will have to have a face-mask between them and the spacer. Use the “Six Breath Technique” but make sure there is a very good seal between the facemask and the face otherwise the air will come in through the side and no medicine will go into the lungs.

If a child is able to breathe in and out through their mouth, a facemask is not necessary and will reduce lung delivery.

Remove the facemask and use the mouth piece as soon as the child is able to breathe in and out through their mouth without assistance.



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HOW TO LOOK AFTER YOUR AFRISPACER™ & AFRIVALVE™

With normal daily use, the AfriSpacer™ should be replaced after 12 months of use. With normal daily use, the AfriSpacer™ should be cleaned twice a week as follows:

- Wash the AfriSpacer™ in warm water, which can contain a mild detergent or sterilising solution.
- Leave the AfriSpacer™ and/or AfriValve™ at room temperature until they are completely dry. Do not rub the AfriSpacer with a cloth. This causes static which affects the way that the asthma medication is delivered.



allergy foundation south africa

AFRISPACER™

Information Leaflet

- Keep this leaflet. You may need to read it again.
- If you have any questions, ask your doctor or pharmacist.
- For hygiene reasons, the AfriSpacer must be used by a single patient.