



## Breath -A- Tech<sup>®</sup> Spacer

The Breath-A-Tech Spacer is a compact efficient spacer for use with all standard puffers in the treatment of asthma. The Breath-A-Tech Spacer has proven in extensive clinical studies to deliver asthma medication more effectively to both adults and children.

### Why use the Breath-A-Tech spacer?

The goal is to get the medication deep into your lungs where it can work to manage your asthma. When a puffer is used alone, most of the medication ends up in the mouth, throat and stomach and only a small amount actually gets to the lungs and therefore does not help with your asthma and may cause an unpleasant taste and side effects.

The Breath-A-Tech Spacer helps get asthma medication to the small airways deep within the lungs where it works. The Breath-A-Tech Spacer is suitable for patients of all ages.

### How does the Breath-A-Tech spacer work?

Spacers can be used alone or with a face mask for the delivery of asthma medication. The puffer (Metered Dose Inhaler- MDI) fits into the flexible universal End Cap of the spacer. Asthma medication is then sprayed from the inhaler into one end of the spacer and breathed in. The valve within the Breath-A-Tech Spacer prevents the medication from escaping into the air, allowing you to breathe at your own pace while inhaling the medication.

If you're not sure how to use your spacer, or if you suspect that you're not using it effectively, ask your doctor or pharmacist for advice.

The Breath-A-Tech Spacer can be used with face masks when required.

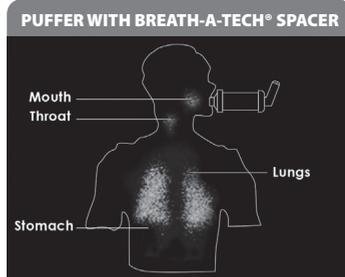
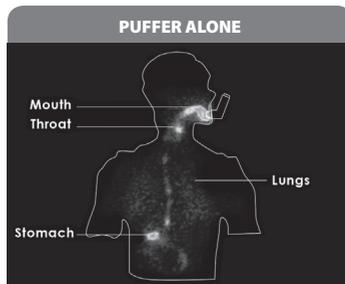
### Face Masks

Face Masks are available separately in both child and adult sizes. They are ideal for use if a patient is asleep or distressed and are particularly suited to infants or the elderly.

The standard Child Mask is designed for children of all ages and features, special guidelines on the mask which allow it to be cut with scissors to suit small children and babies. The Clear Silicone Child Face Mask is sturdy and durable and provides a firm fit on the child's face.

**The complete range of Breath-A-Tech Spacers, face masks and end caps are available through your local pharmacy.**

**The Breath-A-Tech masks and accessories are LATEX FREE.**

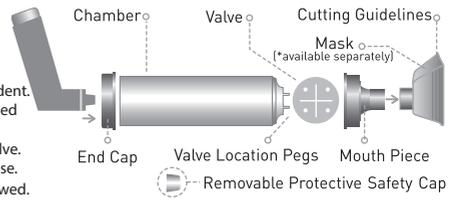


Dalby, R.N., Somaraju, S., Chavan, V.S. & Jarvis, D. (1998). Evaluation of aerosol drug output from the OptiChamber and AeroChamber spacers in a model system. *Journal of Asthma* 35(2), 173-177.

## DIRECTIONS FOR USE:

- Always follow the instructions supplied with your puffer.
- Please note:
  - Check for foreign objects, and broken deteriorated parts. Replace the Breath-A-Tech Spacer immediately if any damaged or missing parts are evident. Check that the valve is sitting flat and is not twisted or deformed. A deformed valve may indicate that the mouthpiece has been screwed on too tightly.
  - Always take care to assemble the device correctly. Never use a defective valve.
  - Visually inspect the valve and the rest of the device before and after each use. There is a risk of the valve being dislodged if these steps aren't always followed.
- Replace IMMEDIATELY if any damaged or missing parts are evident.
- Ensure the Breath-A-Tech Spacer is assembled correctly. (Figure 1)
- Remove protective safety cap from the 'puffer' (MDI).
- Shake the puffer (MDI) immediately before each use (as per MDI instructions). Gently insert the puffer (MDI) into the flexible end cap of the spacer.
- Remove protective safety cap from the mouthpiece and place spacer to mouth.
- Press the puffer once to dispense a single dose of medication. Breathe in and out normally for about 4 breaths.
- If a second dose is required, pause one minute before repeating procedure. (Only use dosage prescribed by your doctor.)

**FIGURE 1 : THE BREATH -A- TECH<sup>®</sup> SPACER**



## CARE AND CLEANING:

- The Breath-A-Tech Spacer should be cleaned according to the following instructions:

### For Health Professionals - Hospital/Medical Clinics

#### Autoclavable Spacer and Silicone Mask

- Breath-A-Tech HOSPITAL GRADE spacers and SILICONE masks are completely autoclavable - spacers are clearly identified with the words HOSPITAL GRADE stamped in blue along the side wall.
- The Breath-A-Tech Spacer should be fully disassembled into five parts - chamber; mouthpiece; end cap, mouthpiece cap and valve.
- If a prewash is used the Breath-A-Tech Spacer and mask must be rinsed with clear water prior to autoclaving.
- Small components should be placed into autoclave bag with the spacer unit.
- Top/middle shelf placement is recommended - DO NOT place anything on top of either the spacer or mask during autoclaving (spacers can be laid flat or stood up during autoclaving).
- Follow autoclave manufacturer's instructions ensuring that temperature does not exceed 134°C.
- Can be autoclaved up to 104 times.
- After autoclaving to reduce static build up the spacer should be washed in warm soapy water, do not rinse, allow to dry naturally.

### For Patients - Home Use

#### Standard Spacer and Mask

- Disassemble the Breath-A-Tech Spacer. Immerse all parts in clean lukewarm water and dish washing detergent. Agitate gently and remove.
- DO NOT rinse. The detergent helps to reduce the static charge in the chamber.
- Shake off excess liquid, leave to drain in a vertical position.
- Air dry without rubbing or rinsing. Drying with a cloth or towel can result in an electrostatic charge and reduce the amount of medication you receive when you next use it.
- When reassembling the Breath-A-Tech Spacer, care should be taken when fitting valve by ensuring the 4 chamber location pegs are lined up with the 4 holes in the valve - to assemble hold chamber upright with valve located correctly before gently screwing mouthpiece to chamber.

#### Masks

- Masks can be cleaned regularly by washing in warm soapy water and detergent and allowed to drip dry.

## CAUTIONS:

- Ensure Directions for Use have been read prior to use and are kept available at all times.
- Do not use the Breath-A-Tech Spacer if it shows signs of damage, such as evidence of cracking, broken or deteriorated parts. Check the spacer for foreign objects before each use.
- If breathing problems persist contact your physician.