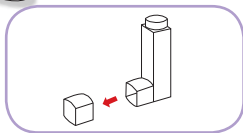


Singapore National Asthma Programme (SNAP)



HOW TO USE THE

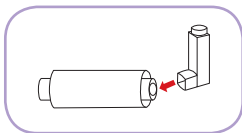
SPACE CHAMBER



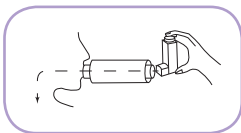
- 1** Remove the protective cap from the inhaler.



- 2** Shake the inhaler about 5 to 6 times.



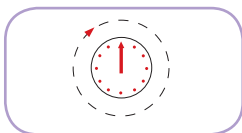
- 3** Insert the inhaler into the back of the Space Chamber.



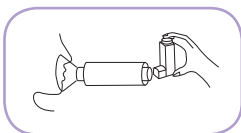
- 4** Place the mouthpiece in the mouth, making sure that you seal your lips around it.

- 5** Press the inhaler **ONCE** to release a dose of the medicine into the chamber.

- 6** Breathe in and out slowly and deeply, through your mouth, 5 to 10 times.



- 7** Wait for half a minute to a minute before repeating steps 2 to 6 for each dose of medicine.



- 8** If a face mask is required, attach to the mouth piece of the Space Chamber; follow steps 1 to 6.

*NB: **DO NOT** remove your mouth from your mouth piece in between each breath*

CARE OF YOUR CHAMBER:

- Soak the chamber in warm water containing a little dishwashing detergent for 15-20 minutes
- **DO NOT RINSE**, and allow to air dry. **DO NOT** rub dry. The chamber should be cleaned once a week.

ALWAYS ASK YOUR DOCTOR OR NURSE FOR A DEMONSTRATION

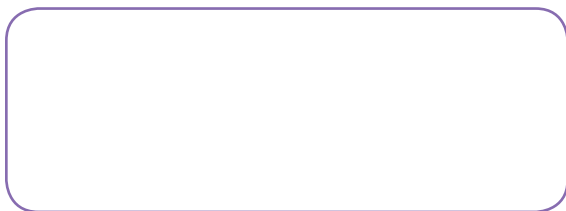


Singapore National Asthma Programme (SNAP)

The SNAP was initiated by the Ministry of Health in 2001 to reduce the burden of asthma in Singapore. Hence it aims to improve the overall control of the disease and quality of life of asthma patients, particularly those with moderate to severe asthma.

This technique card, together with asthma teaching services carried out at our hospitals and clinics serve to teach the patients to employ the correct way to use their inhalers so as to have an effective treatment outcome.

For more information contact us at the following:



A community health project supported by:

