

Inhaler Devices

- MDIs are widely prescribed but experience teaches that technique is frequently sub-optimal:
- The ability to use an inhaler device is more important than the choice of formulation.
- Inhalers should only be prescribed after the patient has been trained and demonstrated satisfactory technique.
- Inhaler technique should be reassessed frequently

Advice on Spacers

- Drugs should be administered by repeated single actuations rather than multiple actuations.
- Tidal breathing is as efficient as single breaths.
- Spacers should be cleaned monthly, washing with detergent and allowed to dry in air
- Plastic spacers should be replaced every 12 months; others vary
- Link to [Lothian Joint Formulary](#)