

# Asthma and Lung UK training videos



## How to use a pMDI inhaler with a spacer:



### With a mask for a baby or child

Volumatic  
with mask  
(0-3 years)



Aerochamber  
Flow-Vu Small (0-  
18 months)



Aerochamber  
Flow-Vu Medium  
(1-3 years)



### Without a mask for a child

Aerochamber  
Flow-Vu (4-16  
years)



Volumatic  
without mask  
(from 4 years)



## Tidal breathing technique



## Single breath and hold technique

## Other inhaler types:



## How to use a Turbohaler inhaler

## How to use an Easyhaler inhaler



## How to use an Easi-Breathe inhaler

## How to use an Ellipta inhaler



## How to use a Spiromax inhaler



## How to use a Respimat inhaler



## How to use a Nasal Spray