

## Using a spacer

If you use a metered dose inhaler (MDI), a spacer will help get the correct dose of medication into your lungs and make it more effective.



Ask your doctor about a spacer, they can provide them free of charge.

## Washing your spacer

Wash your spacer once a week with warm water and dishwashing liquid.

Do not rinse off the soap, and leave to air dry.

## Breathing tips

- Breathe in through the nose
- Breathe out with pursed or puckered lips (as if you are whistling)
- Try to keep your shoulders relaxed and lean forward with your arms supported on a hard surface

## Keep active

- People with COPD can feel short of breath with activity even when well
- Regular exercise makes breathing easier and helps keep you well

**Ask your doctor/or nurse about  
Pulmonary Rehabilitation**

## Using your inhaler

1. Shake the inhaler well (holding it upright)
2. Fit the inhaler into the opening at the end of the spacer
3. Seal lips firmly around the mouth piece
  - Press the inhaler once only
4. Take 4-6 slow breaths in and out through your mouth. Do not remove the spacer from your mouth between breaths
  - Remove the spacer from your mouth
5. Repeat steps 1-4 for further doses



# Asthma + Respiratory FOUNDATION NZ

# COPD

(Chronic Obstructive Pulmonary Disease)

## Action Plan



Produced by the Asthma and Respiratory Foundation NZ

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This COPD Action Plan belongs to:

Better breathing, better living

# COPD Action Plan

Name: \_\_\_\_\_

Date of plan: \_\_\_\_\_

Doctor: \_\_\_\_\_

Doctor phone: \_\_\_\_\_

## SYMPTOMS

WELL

### WHEN I AM WELL I

- (appetite) \_\_\_\_\_
- (activity) \_\_\_\_\_
- (sputum) \_\_\_\_\_
- (sleep) \_\_\_\_\_

## ACTION

### LIFESTYLE TIPS

- Stop smoking and avoid smoky places
- Exercise every day
- Always keep enough medicine

## MEDICATIONS

Reliever \_\_\_\_\_ @ \_\_\_\_\_ puffs as required

\_\_\_\_\_ @ \_\_\_\_\_ puffs \_\_\_\_\_

Other \_\_\_\_\_ @ \_\_\_\_\_ puffs \_\_\_\_\_ times a day

\_\_\_\_\_ @ \_\_\_\_\_ puffs \_\_\_\_\_ times a day

\_\_\_\_\_ @ \_\_\_\_\_ times a day

O<sup>2</sup> \_\_\_\_\_

WORSENING

### BECOMING UNWELL

- More breathless, wheezy or coughing
- Change in amount and/or colour of sputum
- Tired, not hungry

### WHAT TO DO

- If you have a fever and/or yellow/green sputum start antibiotics and see your doctor
- Clear sputum with huff and cough techniques
- Eat little and often
- Use the breathing tips (in this leaflet)

Continue your usual medications.

Start the following medications:

\_\_\_\_\_ times a day

\_\_\_\_\_

SEVERE

### REALLY UNWELL

If no better in \_\_\_\_\_ days

\_\_\_\_\_

Contact the doctor for an urgent review

Daytime tel: \_\_\_\_\_

After hours tel: \_\_\_\_\_

Continue your usual medications.

Start the following medications:

\_\_\_\_\_ times a day

\_\_\_\_\_

EMERGENCY

### EMERGENCY

- Very short of breath at rest
- Chest pains
- A feeling of agitation, fear, drowsiness or confusion
- High fever

\_\_\_\_\_

**Dial 111  
for an ambulance**

Patient Name: \_\_\_\_\_

Doctor: \_\_\_\_\_

Date plan prepared: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ By: \_\_\_\_\_

Review Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ By: \_\_\_\_\_