

## PROPER SPACER TECHNIQUE

Using an inhaler and spacer properly is important as incorrect use may lead to more asthma flares due to the patient not receiving the full dose of medication. Your child's provider has prescribed the spacer they feel is important for your child to use with their inhaler, either with or without a mask.

### HOW TO USE A SPACER WITH A MASK

- 1) Remove the cap from the inhaler and shake the inhaler about 10 times
- 2) Insert the inhaler into the spacer with mask (See Figure 1)
- 3) Place the mask over the child's nose and mouth, forming a tight seal around the child's face. Make sure there are no gaps. You may place a hand behind the child's head to help firmly hold the spacer in place. (See Figure 2)
- 4) Press the top of the inhaler down to release 1 puff of the medication into the spacer while keeping the mask in place on the child's face. (See Figure 3 & 4)
- 5) With the mask in place have your child take 6 breaths in and out so that you can see their chest rise up and down.
  - If administering medication to an infant keep the mask on their face until you have seen the infant take 6 breaths. (If they are crying they will still get the medication) (See Figure 4)
- 6) Only 1 spray of medication should be given at a time. If your child was instructed to have 2 puffs of medication then repeat steps 4 & 5 for the 2nd inhalation.

Figure 1



Figure 2



Figure 3



Figure 4



# HOW TO USE SPACER WITH MOUTHPIECE (NO MASK)

- 1) Remove the cap from the inhaler and shake the inhaler about 10 times
- 2) Insert the inhaler into the spacer (See Figure 1)
- 3) Inhale a deep breath and then exhale to empty the lungs completely
- 4) Place spacer in the mouth between the teeth without biting the mouthpiece and close the lips around it-forming a good seal. (See Figure 2)
- 5) Press the top of the inhaler down to release 1 puff of the medication into the spacer. (See Figure 3)
- 6) Breathe in slowly and deeply
- 7) While continuing to hold the breath, remove the spacer from the mouth. (See Figure 4)
- 8) Hold breath for 10 seconds then gently exhale. (See Figure 5)
- 9) Repeat steps 3 - 8 for second puff of medication.
- 10) Rinse mouth out

Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



## PRIME NEW INHALERS BEFORE USE

- “*Priming*” the inhaler before the first use is important to make sure the correct amount of medication is dosed.
- To prime the inhaler-simply shake the inhaler and release 4 test sprays into the air away from the face.

## COMMON PROBLEMS

- Not inhaling the medication deeply enough
- Not holding breath long enough
- Taking several puffs of medication at the same time instead of doing each puff separately

## CLEANING TIPS

- Clean the spacer before the first use and about once a month
- Prior to cleaning remove rubber ring from the end of spacer (do not remove the mask)
- Wash in warm water with mild dish soap
- Rinse, then air dry