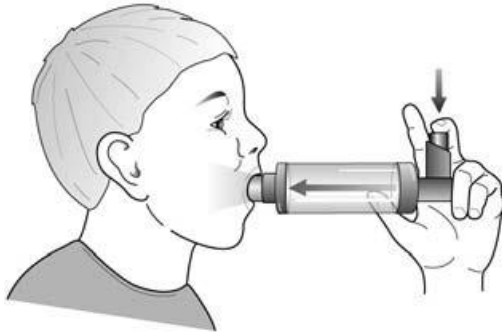


Asthma - How to Use An Inhaler and Spacer

What is a Spacer with an Inhaler?

A spacer is used with an inhaler to help deliver asthma medicine to the small airways in the lungs. By using a spacer with an inhaler, side effects from medicines can be less.

How do I use my Spacer with an Inhaler?

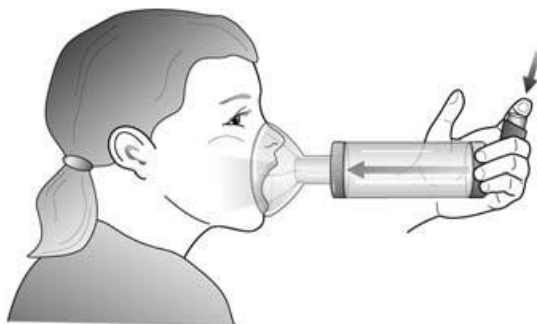


1. Sit upright and remove the caps from the inhaler and the spacer.
2. Shake the inhaler well, and then place it into the open end of the spacer.
3. Tilt your head back slightly and breathe out all the way.
4. Seal your lips around the spacer mouthpiece.
5. **Press the inhaler to release one puff as**

you breathe in slowly and deeply for 3-5 seconds, making sure the spacer doesn't make a whistling sound.

6. Hold your breath for 10 seconds or as long as you can. Then remove the spacer from your mouth and blow out slowly. If you are not able to take a single deep breath, you may take 3 or 4 slow deep breaths.
7. If a second puff is ordered, repeat steps 3-6.

How do I use my Spacer with an Inhaler and Facemask?



1. Sit upright and remove the caps from the inhaler and the spacer.
2. Shake the inhaler well, and then place it into the open end of the spacer.
3. Support your child in a sitting position with the child's chin tilted up slightly.
4. Gently place the mask over your child's

mouth and nose. Press the inhaler once to release a puff of medicine into the spacer.



1. As your child breathes in and out, you should see the flap valve inside the spacer open slightly with each breath. Have your child take 3-6 breaths.
2. Remove the mask from your child's face. Follow steps 2-4 if extra puffs are ordered.

How Do I clean the Spacer?

1. Once a week, take apart the spacer and wash the spacer with dish soap and warm water.
2. Rinse with warm water and air dry on a towel.

Spacer Facts

1. Spacers are usually replaced once a year.
2. If you are using a corticosteroid inhaler with the spacer, rinse your mouth with water and spit or brush your teeth after each use.
3. If you are using a corticosteroid inhaler with the spacer with facemask, rinse your mouth with water and spit or brush your teeth after each use and wash the skin under the mask.