

Spacers

- A spacer helps more medicine get to your lungs.
- Like a metered dose inhaler, a spacer must be used correctly.

A spacer helps more medicine get to your lungs.

Spacers also help:

- Reduce the taste of asthma medicines.
- Put a stop to coughing when you take your medicine.
- Prevent side effects from long-term inhaled medications.



Like a metered dose inhaler, a spacer must be used correctly.



1. Remove mouthpiece from the inhaler, make sure to remove dirt.
2. Insert the inhaler into the spacer.
3. Shake the inhaler 4 or 5 times.
4. Breathe out.
5. Place the mouthpiece of the holding chamber between your teeth and above your tongue and close your lips around it.
6. Press down on inhaler once.
7. Take a slow deep breath in.
8. Hold your breath for 10 seconds after inhaling.
9. Remove the mouthpiece from your mouth to exhale.
10. For quick relief rescue medicine wait about 15-30 seconds between puffs. There is no need to wait in between puffs for inhaled (steroids) controller meds.

Spacers can be used with a mask for small children or babies. Using a spacer for babies or small children is the same as steps 1-4 above, then:



- Place the mask firmly over the child's nose and mouth.
 - Press down on the inhaler once.
 - Encourage the child to take 5-6 normal breaths.
 - Don't lift the mask off the child's face until they breathe in the medicine.
 - Remove the mask.
- For quick relief rescue medicine wait about 15-30 seconds between puffs. There is no need to wait in between puffs for inhaled (steroids) controller meds.

Inhalers and spacers should **NEVER** be shared and should be cleaned often.

To clean a spacer:

- Remove the canister (medicine) from inhaler device. Never soak the canister part of an inhaler.
- Remove the backpiece and the mouthpiece adapter. Soak the parts for 15 minutes in a mild solution of liquid dish soap lukewarm clean water. Mix gently.
- Rinse parts in clean water.
- Shake out excess water and air-dry the spacer and the mouthpiece thoroughly. Ensure parts are dry before reassembly.