



Using a Medication Inhaler with a Spacer Device and Mask

How and When to Prime Your Inhaler

The inhaler must be primed (made ready) before it is

- Used for the first time **and**
- When it has not been used for several days. Check package insert to determine exact number of days.

To prime your inhaler:

- Remove cap on the medication inhaler and shake strongly about 10 times.
- Release 4 puffs (or per package insert) in to the air, and away from your face.

How to Use Your Inhaler

1. Insert the inhaler into the spacer device with mask.
(see Figure 1).
2. Pull the mask on to the child's face, covering the mouth and nose so the mask fits snugly. Check for a tight seal.
(see Figure 2).
3. Push down once on top of the inhaler to release 1 puff of the medication into the device (see Figure 3).
4. Keep the mask in place while the child takes 6 breaths. It is okay if your child is crying during this process; they will still get the medication into their lungs. (see Figure 4).
5. Release only 1 puff of medication into the chamber at a time. If additional puffs are ordered, wait 1 minute before giving another puff and repeat steps 2-4.

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How to Clean Your Spacer

1. Clean the Spacer at least once a week.
2. Remove the mask (if removable) and the rubber end that holds the metered dose inhaler onto the spacer. Wash all parts of the spacer with mild soapy water and rinse thoroughly.
3. Air dry the spacer, making sure it is dry before the next use.
4. Refer to product package insert for specific instructions.

Tips for Parents

- The spacer devices are sturdy and hard to break, so allow your child to handle the spacer, without the medication attached. This will help them understand that the spacer will not hurt them.
- To get your child involved, ask them to blow into spacer. After they blow out, they will need to take a good breath, which results in the medication getting into their lungs. Have them repeat this at least 6 times.

For more asthma resources visit
sutterhealth.org/services/asthma