

How To Use an Inhaler with a Mask Spacer

A spacer with a mask is generally used for children under 5 years old

1. GET THE MEDICINE READY

- Shake the inhaler well.
- Remove the inhaler cap.
- If the inhaler is new or has not been used for one week, spray 4 test sprays into the air before using it.
- Connect the inhaler to the spacer.

2. GET THE CHILD READY

- Gently place the mask over the child's nose and mouth and press it against the face.

3. PRESS AND HOLD MASK WHILE CHILD BREATHE IN AND OUT

- Spray one puff of medicine into the spacer.
- Continue to hold the mask in place while the child breathes in and out 6 times. Encourage the child to breathe through the mouth.
- Remove mask from child's face.
- If child needs to take another puff of medicine, wait 1 minute then repeat steps 1 - 3.
- When done, have child rinse out mouth with water and spit it out.

4. CLEAN INHALER AND SPACER

- The inhaler mouthpiece and the spacer should be cleaned once a week.
- For a quick relief medication inhaler: Remove the metal canister and run warm water through the top and bottom of the mouthpiece for 30 seconds. Allow to dry thoroughly and replace the canister.
- For a spacer: Most brands are soaked in warm, soapy water for 15 minutes, rinsed, and left to dry overnight. Check the package insert for details.

