

# Using a Metered Dose Inhaler, MDI with a Spacer Mask

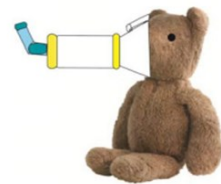
Your child should always use a spacer whenever they use a metered dose inhaler. If a spacer is not used, much of the medicine may end up on the tongue, in the back of the throat, or in the air. A spacer holds the medicine in its chamber long enough for your child to inhale slowly.



*A typical spacer with a mask looks like this*

## **How to use the inhaler with a mask and spacer:**

- Remove the cap on the inhaler and hold it upright.
- Shake the inhaler for 10 seconds to mix the medicine before use.
- Attach the inhaler to the spacer.
- Place the mask over the nose and mouth of your child, making a tight seal.
- Press down on the inhaler to put one puff of medicine into the spacer.
- Watch your child take 5 breaths, then remove the mask from your child's face. You may see a valve that moves with each breath.
- Wait at least one minute between puffs.
- Repeat the steps for all puffs ordered by your doctor.



*Teddy Bear with inhaler and spacer over nose and mouth*

## **How to clean the spacer:**

You may place the spacer on the top shelf of the dishwasher or you may clean the spacer by hand.

To clean it by hand:

- Remove the canister from the inhaler device
- Wash the spacer in warm soapy water once a week
- Rinse the spacer in warm running water
- Allow to air dry on a clean paper towel
- DO NOT WIPE OUT THE INSIDE OF THE SPACER

Ask your child's doctor for a new prescription to replace your spacer if the spacer is cracked.