

# Using a Metered Dose Inhaler with a Spacer

A spacer should be used whenever a metered dose inhaler is used. When 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 to be inhaled slowly.

## How to use the inhaler with a spacer:

- Remove the cap on the inhaler and hold it upright.
- Shake the inhaler to mix the medicine before use.
- Attach the inhaler to the spacer.
- Have your child inhale and breathe out away from the spacer.
- Have your child tilt their head slightly back and place the mouthpiece in mouth, and close lips.
- Press down on the inhaler to put one puff of medicine into the spacer.
- Child should breathe in slowly through mouth (many spacers will “whistle” if the breathe is too quick).
- Have your child hold their breath in for 5 seconds to allow the medicine to spread in lungs, then breathe out slowly through their nose.
- Wait at least one minute between puffs.
- Repeat the steps for all puffs ordered by their doctor.



A typical spacer looks like this



## How to clean a 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 your 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 the doctor for a new prescription to replace the spacer if the spacer is cracked.