

NORTH RALEIGH PEDIATRIC GROUP, P.A.

R E. Frerichs, M.D.
Kunjan Shakya, MD
Pamela P Golden, DO
Chitrabharathi Chandrasekaran, MD

7205 Stonehenge Drive
Raleigh, NC 27613
(919) 848-2249
Fax (919) 848-8238

How To Use an Asthma Inhaler With A Spacer

- 1) Remove the cover from the mouthpiece of the spacer device. Check the spacer to make sure there is nothing in the spacer that might be inhaled, especially if the spacer has been in a purse or a backpack.
- 2) Shake the inhaler 6-10 times. Remove the cover from the inhaler and place the open end of the inhaler into the end of the spacer device opposite the mask. It is OK to keep the spacer and inhaler attached and shake them together.
- 3) Breathe in and then exhale all the air from your lungs.
- 4) Place the spacer in the mouth between the teeth, have the lips seal around the mouthpiece.
- 5) Press the canister once to release the medicine into the spacer.
- 6) Take a slow deep breath through the mouthpiece and hold for 6 to 10 seconds.
- 7) If you need to take another inhalation of a rescue medication, (albuterol, levalbuterol) wait at least one minute, then follow steps 2 through 5 again. If the medication is your daily controller medication, you do not need to wait between inhalations.
- 8) Place the caps back on the spacer and the inhaler. If the spacer is only used with one medication and it does not need to be primed, it is OK to leave the inhaler attached to the spacer.
- 9) If the medication is an inhaled steroid, be sure to rinse your mouth out after taking the inhaler.

Norene Suchsland, RN AE-C
919-848-2249 x112

