

NORTH RALEIGH PEDIATRIC GROUP, P.A.

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How To Use an Asthma HFA Inhaler With A Spacer and Mask

- 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) Place the mask over your child's nose and mouth making sure there is a snug seal.
- 4) Press the canister once to release the medicine into the spacer.
- 5) Keep holding the mask over your child's mouth, keeping the seal snug until your child breathes in and out 5-6 times or 10 seconds before removing the mask from your child's face.
- 6) If your child needs 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 child's daily controller medication, you do not need to wait between inhalations.
- 7) 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.
- 8) If the medication is an inhaled steroid, wash your child's face with water after giving the medication. Have your child rinse their mouth or swallow a couple ounces of water or other liquid to rinse their mouth.

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