

NORTH RALEIGH PEDIATRIC GROUP, P.A.

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How To Use an Asthma Inhaler With A Spacer With Mouthpiece

- 1) Your child can take the medication from the spacer with a mouthpiece and now mask once they have learned to breath through their mouth only and not both their mouth and nose.
- 2) 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.
- 3) 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.
- 4) Your child can take the medication from the spacer in one of 2 ways:
 - A) If your child cannot hold their breath for at least 6 seconds:
 - 1) Place the spacer in the mouth between the teeth, have the lips seal around the mouthpiece.
 - 2) Press the canister once to release the medicine into the spacer.
 - 3) Take 5 slow deep breaths in and out through their mouth only to inhale the medication.
 - B) If your child can hold their breath for at least 6 seconds:
 - 1) Have your child breathe in and then exhale all the air from their lungs.
 - 2) Place the spacer in the mouth between the teeth, have the lips seal around the mouthpiece.
 - 3) Press the canister once to release the medicine into the spacer.
 - 4) Have your child take a slow deep breath through their mouth only and hold for 6 to 10 seconds.
- 5) 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.
- 6) 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.
- 7) If the medication is an inhaled steroid, be sure to have your child rinse their mouth out after taking their inhaler.

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