

Inhalers: Spacers

An inhaler is used to give many medicines that help make breathing easier. The inhaler must be used correctly or the medicine will not get into the lungs. If the medicine does not get into the lungs, your child may not feel better or may have side effects.

A spacer is a device that holds the medicine from the inhaler until the person starts to breathe in. When the person breathes in, the medicine enters the lungs.

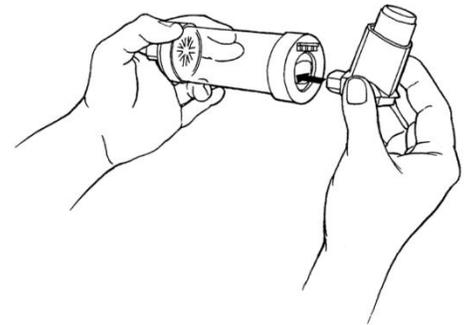
These instructions cover the type of spacer used at Nationwide Children's Hospital. If your spacer is different than the one described here, ask your doctor, nurse or pharmacist how to use it. Follow the directions for the spacer your doctor recommends.

Always use a spacer, no matter what your age.

IMPORTANT: Do not take more of this medicine than your doctor prescribed. If you have any questions or the inhaler(s) is not helping as you think it should, contact your doctor.

How To Use – Spacer with Mouthpiece

1. Remove the caps from the inhaler and the mouthpiece of the AeroChamber spacer.
2. Check to make sure the spacer is clean.
3. Put the mouthpiece of the inhaler into the rubber-opening at the end of the spacer (Picture 1).
4. Hold the spacer and inhaler firmly. Shake briskly for 10 seconds.
5. Turn your head to the side and breathe out your air.
6. Close your mouth around the mouthpiece of the spacer. (Picture 2)
7. Press down firmly on the inhaler to release only one puff of medicine (Picture 2).
8. Breathe in *slowly and deeply* until you've taken a full breath. If you hear a whistling sound from the spacer, slow down because you are breathing too fast.
9. Hold your breath and count to 10 slowly. Then breathe out slowly.
10. If your doctor has ordered more than one puff, wait at least 30 to 60 seconds (for the inhaler to recharge) and repeat steps 4 through 9.



Picture 1 Insert the inhaler into the spacer.



Picture 2 Press down to release one puff of medicine. Breathe in and hold your breath.

How to Use – Spacer with Mask

Infants and children unable to hold their breath should use a spacer with a mask.

1. Remove the caps from the inhaler and the mouthpiece of the spacer.
2. Check to make sure the spacer is clean.
3. Put the mouthpiece of the inhaler into the rubber opening at the end of the spacer.
4. Hold the spacer and inhaler firmly. Shake briskly for 10 seconds.
5. Place the spacer mask over the nose and mouth of the child receiving the medicine. Be sure to get a good seal.
6. Press down firmly on the inhaler to release only one puff of medicine.
7. Allow your child to take 6 to 10 breaths of medicine.
8. Take the mask off the child's face.
9. Some spacers may have a valve that shows when your child takes a breath. Otherwise, watch his chest to know when he breathes in and out.
10. If your doctor has ordered more than one puff, wait at least 30 to 60 seconds (for the inhaler to recharge) and repeat the above steps.



Picture 3 Seal the mask firmly. Press down to release one puff of medicine.

Cleaning The Spacer

1. About once a week, remove the rubber ring from the end that holds the inhaler. *Do not remove the mouthpiece.*
2. Remove the protective mouthpiece cap.
3. Soak the spacer and rubber ring in a bowl filled with warm water. Use a dish soap detergent to loosen any dirt. Do not use a washcloth or brush to clean it.
4. Rinse in a bowl of clean, warm water, using a gentle motion (Picture 4). Don't use running water. Water pressure could ruin the valve in the spacer.
5. Lightly shake away extra water and leave on a clean surface to air-dry. Do not dry by rubbing with a cloth.
6. Make sure the spacer is completely dry. Attach the rubber ring and mouthpiece cap.



Picture 4 Clean the spacer once a week.

Other Advice

If the spacer is damaged or lost, please tell your child's doctor. You can get a prescription for a new one. Spacers can be ordered through most pharmacies or may be available in some doctors' offices.