

Let's Talk About...

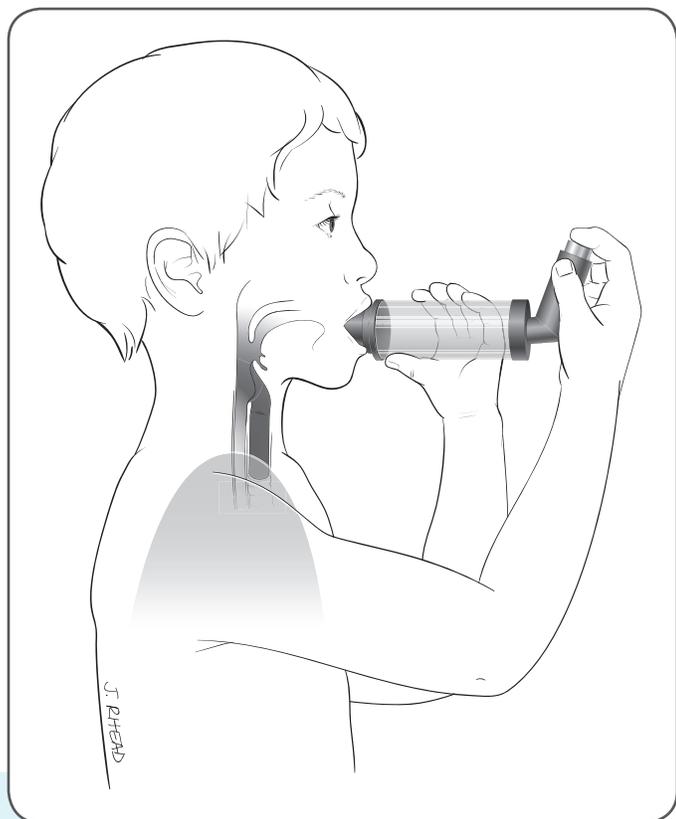
MDI's with a Spacer

Learn more about an MDI with spacer, how to use it with a mouthpiece or a mask, and how to clean the MDI with spacer.

What is an MDI with a spacer?

An MDI (metered dose inhaler) is a tool that sprays a precise amount of medicine into your child's lungs. Some inhalers have a pressurized canister that sprays medicine when you press down on it.

A spacer is a special tube that attaches to the inhaler. The spacer helps the medicine get all the way to your child's lungs where it is needed most. You can use a spacer with a mouthpiece (this is best for most patients) or a mask. Inhalers with masks are best for young children or others who can't use the mouthpiece easily.



How do I use the MDI with a spacer and mouthpiece?

- 1 Remove the caps from the inhaler and spacer.
- 2 Prime the inhaler if it is new or has not been used for 48 hours. You prime it by shaking the inhaler to mix the medicine and then squirting a puff into the air. Check the package in case your inhaler has specific priming instructions.
- 3 Insert the inhaler into the rubber end of the spacer.
- 4 Shake the inhaler well before each puff so the medicine is mixed.
- 5 Have your child breathe out.
- 6 Hold the inhaler upright. Place the mouthpiece in your child's mouth between their teeth. Your child closes their lips around the mouthpiece.
- 7 Press the canister down to release a puff of medicine.
- 8 Tell your child to breathe in deeply and slowly through the mouth for 3–5 seconds.
- 9 Have your child hold their breath for 10 seconds.
- 10 Remove the spacer from your child's mouth and ask them to breathe out slowly.
- 11 Wait 1 minute between puffs if your doctor ordered more than one puff.

Note: If you're using an inhaler with a steroid medicine, rinse your child's mouth with water after each use.

How do I use the MDI with a spacer and mask?

- 1 Remove the caps from the inhaler and spacer.
- 2 Prime the inhaler if it is new or it has not been used for 48 hours. You prime it by shaking the inhaler to mix the medicine and then squirting a puff into the air. Check the package in case your inhaler has specific priming instructions.
- 3 Insert the inhaler into the rubber end of the spacer.
- 4 Shake the inhaler well just before each puff so the medicine is mixed.
- 5 If possible, have your child breathe out.
- 6 Hold the inhaler upright. Place the mask over your child's mouth and nose. Make sure there is a good seal between the mask and face.
- 7 Press the canister down to release a puff of medicine.
- 8 Encourage your child to breathe in deeply and slowly for 3–5 seconds, if possible.
- 9 Keep a good seal between the face and mask for six breaths, and then remove the mask from your child's face.
- 10 Wait 1 minute between puffs if your doctor ordered more than one puff.

Note: If you're using an inhaler with a steroid, rinse your child's mouth with water after each use.

How can I help prepare my child?

Invite your child to explore the spacer and practice holding their breath. They can also pretend giving the medicine to a doll or parent. Practice having the mask over your child's face.

For mask treatments, if appropriate, encourage your child to hold the mask during treatment. If your child has trouble holding still while using the mask, give your child a small incentive or distraction. If these tips do not work, you may need to gently hold your child while they receive the treatment.

When should I clean the MDI and spacer?

Clean the MDI and spacer at least once a week to help keep medicine from building up on them.

How do I clean the MDI?

- 1 Remove the metal canister.
- 2 Rinse the plastic case and cap in warm running water. Make sure you clear medicine build-up from the spray nozzle.
- 3 Thoroughly dry the plastic case and cap.
- 4 Gently replace the canister in the case by twisting it.
- 5 Put the cap back on the mouthpiece.

How do I clean the spacer?

- 1 Remove the rubber end piece where the MDI fits.
- 2 Wash the spacer in warm water and dish soap.
- 3 After washing, let the spacer air dry. Do not wipe it dry.

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