

Spacers

- A spacer helps more medicine get to your lungs.
- Like a metered dose inhaler, a spacer must be used correctly.

A spacer helps more medicine get to your lungs

Spacers also help:

- Reduce the taste of asthma medicines.
- Prevent coughing when you take your medicine.
- Prevent side effects from long-term inhaled medications.



Like a metered dose inhaler, a spacer must be used correctly.



1. Remove mouthpiece from the inhaler
2. Insert the inhaler into the spacer.
3. Shake the inhaler four or five times.
4. Breathe out.
5. Place the mouthpiece of the holding chamber between your teeth and above your tongue and close your lips around it.
6. Press down on inhaler once.
7. Take a slow deep breath.
8. Hold your breath for 5 or 10 seconds after inhaling.
9. Remove the mouthpiece from your mouth to exhale.
10. Wait at least 1 minute before taking a second puff, if needed.

Spacers can be used with a mask for small children or babies. Using a spacer for babies or small children is the same as steps 1-4 above, then:



- Place the mask firmly over the child's nose and mouth.
- Press down on the inhaler once.
- Encourage the child to take 5-6 normal breaths.
- Don't lift the mask off the child's face until they breathe in the medicine.
- Remove the mask.
- Wait at least one minute before a second puff, if needed.

Inhalers and spacers should **NEVER** be shared and should be cleaned often.

To clean a spacer:

- Remove the canister (medicine) from inhaler device. Never soak the canister part of an inhaler.
- Soak the inhaler and the spacer in 1 part vinegar and 3 parts water for 30 minutes. Do not scrub the spacer.
- Air-dry the spacer and the inhaler.