



## Using a Medication Inhaler with a Spacer Device with Mask

Before using the inhaler for the first time it must be primed. Prime the inhaler by releasing 4 sprays (or per the manufacturer's direction) into the air, and away from your face. If the inhaler has not been used for several days, you may need to prime it again, please refer to manufacturers' instructions.

1. Remove cap on the medication inhaler and shake vigorously about 10 times.
2. Insert the inhaler into the spacer device with mask. (see Figure 1).
3. Pull the mask on to the face, covering the mouth and nose so the mask fits snugly. Check for a tight seal. (see Figure 2).
4. Push down once on top of the inhaler to release 1 puff/spray of the medication into the device (see Figure 3). Keep the mask in place while the child takes 6 breaths. It is okay if your child is crying during this process; they will still get the medication into their lungs. (see Figure 4).
5. **Release only 1 puff/spray of medication into the chamber at a time.** If additional puffs are ordered, wait 1 minute before giving another puff and repeat steps 2-4.

### Clean the spacer at least once a week.

1. Remove the mask (if removable) and the rubber end that holds the metered dose inhaler onto the spacer. Wash all parts of the spacer with mild soapy water and rinse thoroughly.
2. Air dry the spacer, making sure it is dry before the next use.
3. Refer to product package insert for specific instructions.

### Tips

1. The spacer devices are sturdy and hard to break, so allow your child to handle the spacer, **without** the medication attached. This will help them understand that the spacer will not hurt them.
2. To get your child involved, ask them to blow into spacer. After they blow out, they will need to take a good breath, which results in the medication getting into their lungs. Have them repeat this at least 6 times.
3. Go to [pamf.org/asthma/education/video.html](http://pamf.org/asthma/education/video.html) and click on "How to use an Inhaler for Children Under 6 y" link to view a demonstration of using a spacer device with a mask.

Figure 1



Figure 2



Figure 3



Figure 4

