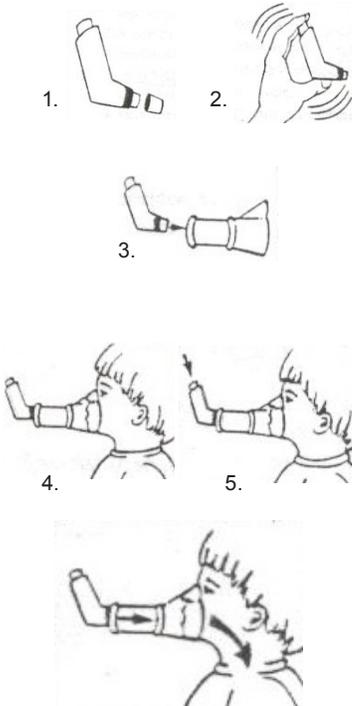




## ... use a Spacer with Mask and a Metered Dose Inhaler (Puffer)

**Suggested age:** infant and child less than 5 years of age (or anyone unable to use a spacer with mouthpiece)

Valved spacers act as a holding chamber for the medication sprayed out of the puffer so that your child has a better chance of inhaling the medication properly. A spacer helps the medication to reach the lungs and lessen side effects in the mouth and throat.



1. **Remove cap** from the puffer, check inside of inhaler and mouthpiece for presence of any foreign objects. Remove if there are any.
2. **Shake** the puffer very well. (15-30 seconds or 10 times)
3. Put puffer into the large rubber ring opening of the spacer.
4. Cover the mouth and nose with the mask. Make certain a good seal is kept on face, avoiding the eyes.
5. **Press** the top of the puffer **once**.  
Take **6-10 slow deep breaths**. Make sure the valves move with each breath.
6. If a second dose is ordered, hold the inhaler upright and **wait 30 seconds** before repeating steps 2-7.
7. **Rinse mouth** with water after using corticosteroids, including combination puffers. Wash child's face with a wet towel.

### Notes

- Find out how many **doses** the puffer contains. If your puffer does not have a dose-counter, keep track of how many doses are remaining. The canister may still make a sound when you shake it even when there is no medication left.
- Always **check the expiry date** on the medication by removing the canister from the plastic sleeve.
- Also **read the instructions that come with the metered dose inhaler**. When using the inhaler for the first time or when it has not been used for more than one week, you should make sure it is working properly by releasing 3 puffs into the air before taking a dose.

### Cleaning Instructions

- Clean the spacer once a week with warm soapy water and leave to air dry.
- **Do not use a cloth or towel** to wash or to rub dry. Make sure the spacer is completely dry before use.