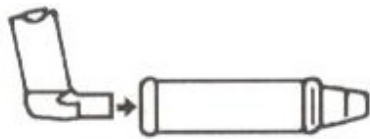




... use a Spacer with Mouthpiece and a Metered Dose Inhaler (Puffer)

Suggested age: 4 years and up

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.

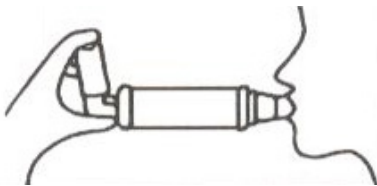


1. **Remove cap** from the puffer, check inside of inhaler and mouthpiece for presence of any foreign objects. Remove if there are any.

2. **Shake** the puffer very well. (15-30 seconds or 10 times)

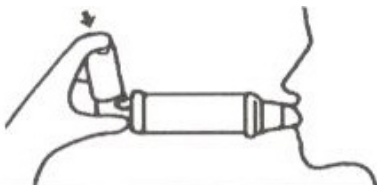
3. Place mouthpiece in mouth and breathe out normally.

4. **Press** the top of the puffer **once**.



5. **Take a deep, slow breath in.** (If you hear a whistle sound, you are breathing in too fast.)

6. **Hold breath for about 10 seconds**, and then breathe out through the mouthpiece. Breathe in slowly again but do not press the canister. If unable to hold breath for 10 seconds, take 6-10 slow deep breaths through the mouth.



7. Remove mouthpiece from mouth and slowly breathe out; replace cap.

8. If a second dose is ordered, hold the inhaler upright and wait **30 seconds** before repeating steps 2-7.

9. **Rinse mouth** and gargle with water after using corticosteroids, including combination puffers. If possible, do not swallow the water.

Notes

- 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.
- Make sure the child is only breathing through the mouth.

Dose counting

- 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.

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.

Developed by the Department of Pharmacy and the Asthma Education Clinic with assistance from the Department of Learning & Development

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