

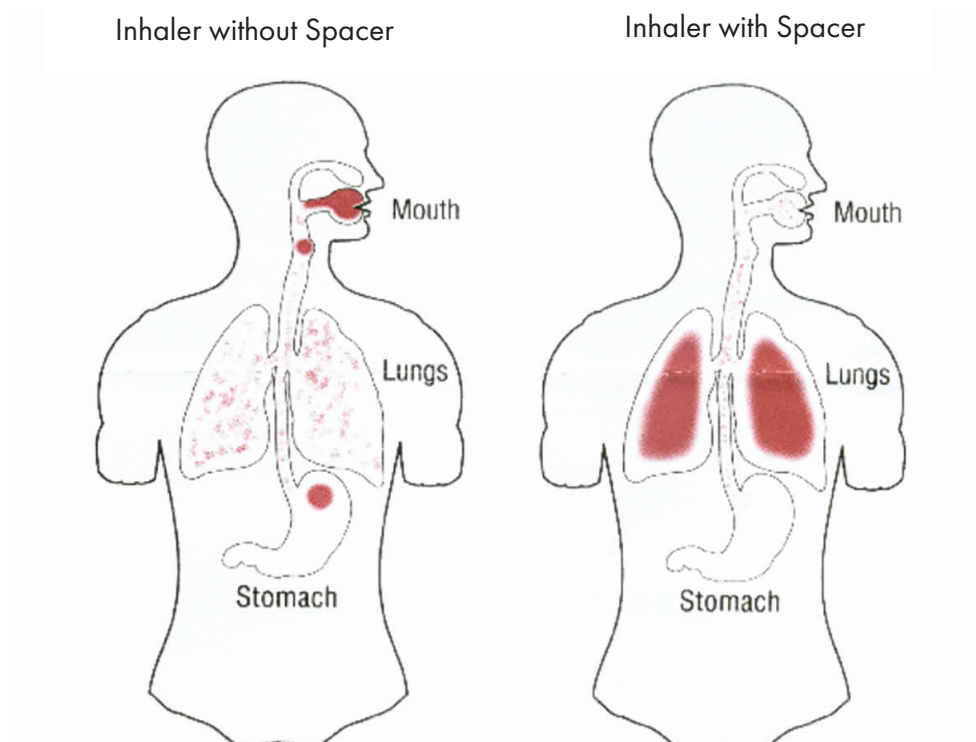


Spacers

How does my child use inhaled medicine?

- Spacers are tubes that guide medicines from inhalers to the lungs.
- Do not spray more than one puff of the inhaler into the spacer at a time.
- For all spacers and inhalers there are preparation (priming) and cleaning instructions.
- The same spacer can be used with different inhalers.

Spacers are not routinely covered by all insurance plans and may be costly to replace. Keep them in a safe place.



Benefits of using a Spacer/Chamber Device to improve medicine delivery to the lungs

Using a Spacer with a Facemask (under 8 years old)

1. Stand up tall (if an infant hold in a sitting position).
2. Remove the mouthpiece cover from the inhaler.
3. Shake the inhaler 4 to 5 times.
4. Insert the inhaler into the spacer.
5. Seal the mask over the child's mouth and nose and hold in place.
6. Press down once on the inhaler to release one puff of medicine.
7. Continue to hold the mask sealed on the face while the child breathes 6 normal breaths.
8. Remove the mask and wait 1 minute to allow medicine to reach the lungs.
9. Repeat these steps for each additional puff of medicine needed for a dose.



Using a Spacer with a Mouthpiece (8 years and older)



1. Stand up tall and look straight ahead.
2. Remove the mouthpiece cover from the inhaler.
3. Shake the inhaler 4 to 5 times.
4. Insert the inhaler into the spacer.
5. Breathe out fully.
6. Place the mouthpiece over the tongue and seal lips snugly around the mouthpiece and hold in place.
7. Press down once on the inhaler to release one puff of medicine.
8. Take a slow, deep breath in over 3-5 seconds from the mouthpiece and remove the mouthpiece from your mouth.
9. Hold your breath for 10 seconds after inhaling.
10. Wait 1 minute to allow medicine to reach the lungs.
11. Repeat these steps for each additional puff of medicine needed for a dose.