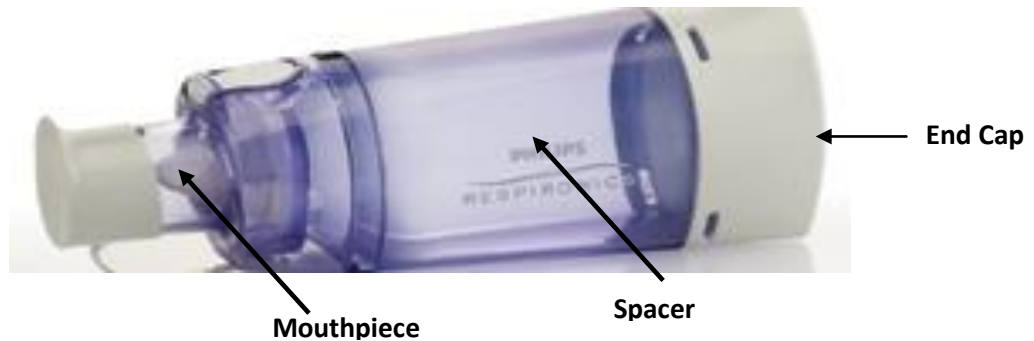


Metered Dose Inhaler with Spacer and Mouthpiece



Purpose

A metered dose inhaler (MDI) delivers medicine in mist form. The MDI should be used with a spacer. This slows down the medicine, so it can be inhaled easier and deeper into the lungs. If the spacer is not used the medicine can be wasted on the sides of mouth, tongue, and throat. If the medicine does not get deep in the lungs, it will not work. **There are many different kinds of spacers.**

Equipment needed

- Metered Dose Inhaler (MDI)
- Spacer

How to prepare the equipment

1. Wash your hands with soap and water.
2. Remove the cap from the mouthpiece of the MDI and spacer.
3. Look in both ends of spacer for any objects that don't belong there.
4. Shake the MDI to mix up the medicine.
5. Put the MDI into the back of the soft ring of the spacer end cap (see picture).

Steps to follow

1. Put the mouthpiece in your child's mouth. Their lips should close tightly around it.
2. Have your child breathe out (exhale) as much air as possible.
3. Squeeze the MDI to release one puff of medicine into the spacer.

Steps (continued)

5. Have your child breathe in slowly through the mouthpiece. If you hear a “honk” noise, your child is breathing too fast. Ask your child to breathe more slowly until no sound can be heard.
6. Your child should then hold their breath for up to 10 seconds.
7. Take the mouthpiece out of your child’s mouth. Have your child breathe out slowly.
8. Repeat Steps #1 to #7 until the correct number of puffs have been taken.

Cleaning the equipment

1. Remove the MDI from the spacer.
2. Remove the end cap (where you would put the inhaler) from spacer.
3. Twist the mouthpiece to remove from the spacer.
4. Clean in warm soapy water.
5. Rinse with clean, warm water. Shake out excess water. Do not rub dry.
6. Let all parts of the spacer air dry completely before you put the device back together.

Special instructions

- Read the MDI package insert or check with your healthcare provider for directions on how to clean and prime your inhaler.
- If your inhaler does not have a dose counter, the only way to know that you have medicine left in your inhaler is to count the number of puffs used. The MDI label shows how many puffs are in a full inhaler. If your MDI does not have a counter, you should keep track of the number of puffs you have used.
- Do not expose the MDI to extreme hot or extreme cold. This may affect the medicine.
- Use the MDI only as directed.
- Do not let children play with the spacer or MDI.

ALERT: Call your child’s doctor, nurse, or clinic if you have any questions or concerns or if your child:

- Has problems breathing after using the MDI with spacer.
- Is not able to keep a tight seal around the mouthpiece.
- Has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.