

MDI with Spacer and Mask



Purpose

A metered dose inhaler (MDI) delivers medicine in mist form. A MDI should be used with a spacer. This slows down the medicine, so the medicine 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)
- Mask
- Spacer

How to prepare the equipment

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

Steps to follow

1. Gently put the mask over your child's nose and mouth. Press it against the face so no air or medicine can escape. Your child will still be able to breathe.
2. Squeeze the MDI to release one puff of medicine into the spacer.
3. Keep the mask on the face for at least 6 to 10 breaths for each puff of medicine. Be sure to hold the mask firmly. Repeat Steps #1 to #3 until the correct number of puffs has been taken.

Cleaning/replacing the equipment:

1. Remove the MDI from the spacer.
2. Remove the mask from the spacer
3. Remove the end cap (where you would put the inhaler) from spacer.
4. Twist the mouthpiece to remove from the spacer.
5. Clean in warm soapy water
6. Rinse with clean, warm water. Shake out excess water. Do not rub dry.
7. 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 MDI or spacer.

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.
- Fights the mask and you are not able to get a tight seal.
- 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.