Family Education Sheet

How to Use a Inhaler with a Spacer and Mouthpiece



Patient and Family Education www.childrenshospital.org

A spacer is a holding chamber that attaches to an inhaler and helps to get more medicine into the lungs and less medicine in the mouth. Using a spacer with a mouthpiece takes practice but we will teach you how to do it! Follow the steps below.

First time using your inhaler? Haven't used your inhaler in awhile? You need to "prime" it. Do this by squirting the inhaler 3 to 4 times in the air—away from your face—until you see the medicine come out.



Wash your hands.



Take off cap from the inhaler.



Attach inhaler to spacer.



Shake the inhaler and spacer to mix up



Stand or sit up straight. Breathe out



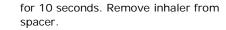
Put the spacer mouthpiece in your mouth and form a tight seal.



Press down on the inhaler to put 1 puff of medicine into the chamber. Breathe in slowly and deeply. If spacer makes a whistling noise, breathe more slowly.



Take spacer out of mouth. Hold breath for 10 seconds. Remove inhaler from





10 Rinse mouth with water. Spit.

If your dose is 2 puffs, repeat steps 4-8.

This Family Education Sheet is available in Spanish