

# Large volume spacer

A spacer holds the spray from a puffer until your child has breathed it into their lungs. Everyone should use a spacer with their puffers, as it helps to get more of the medicine down into the lungs.

Large volume spacers are the preferred spacer from the age of five years.

## How to use a spacer

1. Take the cap off the inhaler and shake it well.
2. Place the mouthpiece of the inhaler into the end of the spacer.
3. Place the mouthpiece of the spacer into the mouth and seal the lips around it.
4. Ask your child to breathe out through their mouth the empty the lung and press the puffer once.
5. Your child should take one slow, deep breath in through their mouth and hold their breath for five to ten seconds. If unable to hold their breath they can take three slow breaths in and out.

Note: You should hear the valve clicking as your child is breathing in and out. If a second dose is needed repeat steps three to five.

Never spray more than one puff of the medication into the spacer at any one time.



## How to care for your spacer

Static electricity builds up inside a spacer. This makes the medication stick to the inside of the spacer, so your child won't get as much medicine down into their lungs.

To get rid of the static, spacers should be washed when they are first bought, and then every month.

1. Take the spacer apart.
2. Soak in warm soapy water for a few minutes. Use ordinary dishwashing liquid.
3. Leave to drip dry.
4. Do not rub dry as this causes static.
5. Do not rinse the soap off. It will create a thin layer inside the spacer which helps prevent static.



## Why use a spacer?

Using a spacer ensures that much more of the medication gets down into the lungs, than using the puffer without a spacer.

Spacers work just as well as a nebuliser and they are cheaper and easier to carry around. Most children do not need a nebuliser at home.

Less of the medicine gets stuck in the mouth and throat when a spacer is used. This helps to cut down the risk of side effects in the mouth and throat such as thrush, hoarse voice and a sore throat when using steroid puffers.

**This document can be made available in alternative formats on request for a person with a disability.**

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