

Using spacers without a mask

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

Many children by age 3 years can start using their spacer without a mask.

How to use a spacer



1. Take the cap off the puffer.



2. Hold the puffer up right and shake well.



3. Place the mouthpiece of the puffer firmly into the end of the spacer.



4. Place the mouthpiece of the spacer into your child's mouth, between the teeth with lips firmly around it. Press down on the inhaler once.



5. Wait for your child to take one slow breath in and count to 5.
Or take 4 slow deep breaths in and out (watch the valve move with each breath).

If a second dose is needed repeat steps 2-5.

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

How should you look after a spacer?

Spacers should be washed when they are first bought, and then every month.



1. Take the pieces of the spacer apart.



2. Soak in warm soapy water for a few minutes. Use ordinary dish washing liquid.



3. Leave to drip dry.



4. Do not rinse the soap off.



5. Do not rub as this causes 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.
- The soap layer helps to reduce static which causes the medication to stick to the inside of the spacer, reducing the amount of medication they get into their lungs. Antistatic spacers do not need to be washed before first use.



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