

## Small volume spacers with 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.

Children under 3 years of age need to use their spacer with a mask.

### How to use a spacer and mask

1. Take the cap off the puffer.
2. Hold the puffer upright and shake well.
3. Place the mouthpiece of the puffer firmly into the end of the spacer. Attach the mask to the other end.
4. Gently place mask over mouth and nose so they are covered with no gaps around the edges.
5. Press down on the inhaler once and wait for your child to take 4 deep breaths in and out (watch the valve move with each breath). Encourage mouth breathing which will increase medication delivery to the lungs.
6. If a second dose is needed repeat steps 2 to 5.
7. Never spray more than one puff of the medication into the spacer at any time.

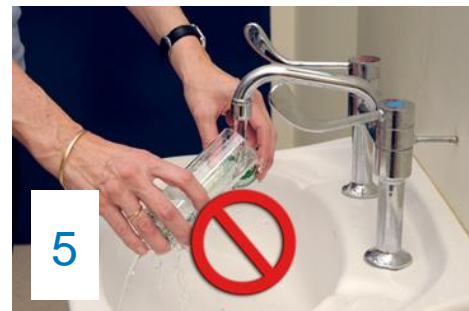
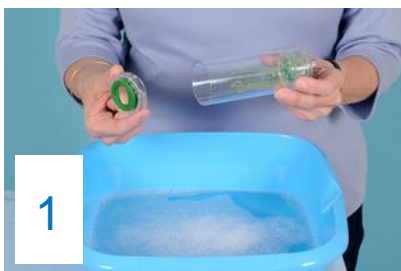


## Cleaning instructions

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 once every week.

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 rub dry as this causes static.
5. Do not rinse the soap off. A thin layer of soap will remain inside the spacer which will help 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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