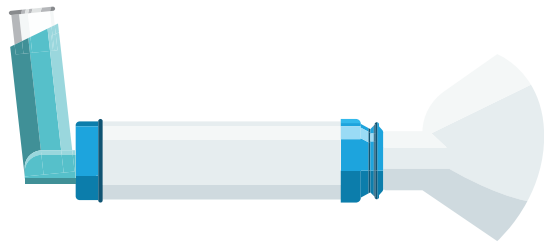


# Using a Spacer With Your Child's Asthma Medication



## What is a spacer?

A spacer is a tube-like structure that can be attached to an inhaler to help get more of the medication into your child's lungs. This reduces the amount of medication that is lost in the mouth and tongue.



## How does the spacer work?

The spacer works by holding the medicine in the tube after it is released from the inhaler so your child can breathe in the medicine slowly over a couple of breaths.

## Why should you use a spacer?

- Using a spacer reduces the taste of asthma medication, which can be unpleasant for your child.
- Using a spacer helps prevent coughing while taking asthma medication.
- The spacer allows the lungs to absorb the medication slowly and smoothly.
- Spacers can reduce side effects from the inhaler medication because less medication ends up on the tongue and throat reducing mild infections and irritation.

## Who should use a spacer?

A spacer is recommended for anyone who finds it hard to squeeze the inhaler and breathe in the medication at the right time. It is particularly recommended for children less than six years old.

## How to use the spacer:



1. Remove the mouthpiece from the inhaler.



2. Shake the inhaler four or five times.



3. Put the inhaler mouthpiece into the end of the spacer.



4. Take a deep breath and let it out all the way.



5. Place the mouthpiece of the spacer in your mouth, above your tongue, and close your lips around it.



6. Press the top of the inhaler to spray one dose of medicine.



7. Slowly breathe in all the air you can and try to hold it for 5 to 10 seconds.



8. Remove the mouthpiece from your mouth and breathe out slowly.



9. If you need a second dose, wait at least one minute before repeating steps 1 to 8 above.



10. Make sure you rinse your mouth to avoid potential side effects, such as thrush inside and outside.

For more information, watch this video by the Center for Disease Control (CDC) that shows how to use the spacer with your child's asthma medication: [youtu.be/BbONuRXJdro](https://youtu.be/BbONuRXJdro)

### For small children and babies:

The spacer can be used with a mask to make it easier for small children and babies to use.

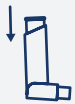
**To use the spacer with a mask, follow steps 1 to 3 on the front side and then:**



**4.** Attach the mask to the mouthpiece of the spacer.



**5.** Place the mask firmly over the child's mouth and nose.



**6.** Press the top of the inhaler to spray one dose of medicine.



**7.** Encourage the child to take 5 to 6 normal breaths, or until you think all of the medication has been breathed in.



**8.** If the child is fussy, cries or tries to remove the mask, please try to calm the child and keep the mask on if possible. If this is not possible, take a break and try again when the child is more relaxed.



**9.** Remove the mask from the child's face.



**10.** If you need a second dose, wait at least one minute before repeating steps 1 to 8 above.



**11.** Make sure you rinse your mouth inside and outside to avoid potential side effects, such as thrush.

**Inhalers and spacers should never be shared and should be cleaned often.**

#### To clean the spacer:

1. Separate the plastic part that contains the medicine from the inhaler device. Do not soak the small can of the inhaler.
2. Soak the inhaler and the spacer in 1 part vinegar and 3 parts water for about 30 minutes. Do not scrub.
3. Let the pieces air dry.

