How to Use Your MDI (inhaler) with a Spacer and Mask

1. Remove inhaler and spacer caps.
2. Shake inhaler for 5 seconds.
3. Insert inhaler into spacer.
4. Put mask over nose and mouth with a good seal.
5. Press inhaler down once.
6. Breathe normally for 3 to 6 breaths to empty spacer. Slow your breathing if there is a whistle sound.
7. Remove mask from child’s face and wait 15 seconds.
8. Shake inhaler then start with step 4 before each additional puff.
9. Wipe skin around child’s mouth with a wet cloth when done.
Remember to prime your MDI

- Priming is giving practice sprays to bring up the medicine before you inhale.
- Prime when inhaler is brand new or when it has not been used for several days or weeks.
- Take off cap of MDI, shake inhaler, then give practice sprays pointed away from body.
- See drug insert for how many practice sprays to give and how often to prime.

Keep your MDI and spacer clean

- Clean your spacer once a week:
  1. Remove ring from the end of spacer. Do not remove mask.
  2. Wash in warm water with mild dish soap. Rinse, then air dry.

- Clean your MDI plastic unit often. Check drug insert for how to clean.