

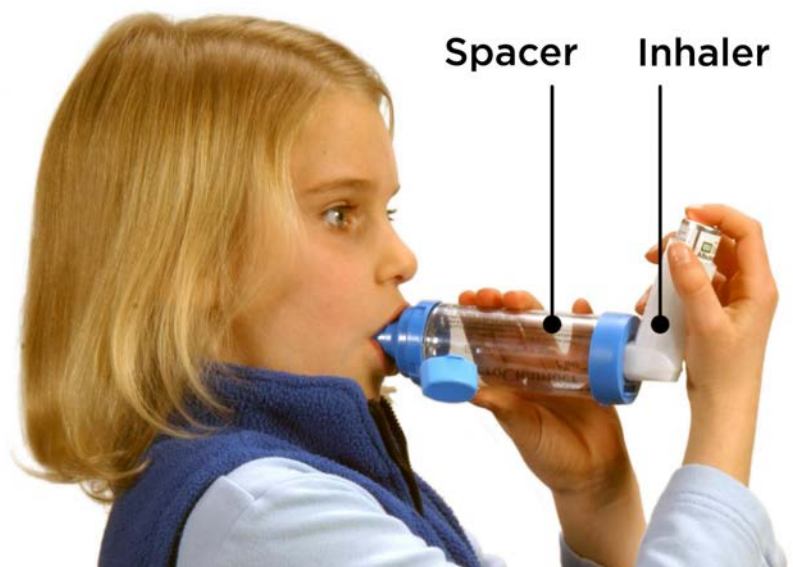
# Using a Spacer with a Metered Dose Inhaler (MDI)

Using a spacer with your MDI makes the treatment easier.

A spacer holds the medicine until you are ready to breathe it in.

It helps the medicine get down to the small airways and can help reduce side effects.

Without a spacer, unless your technique is really good, most of the medicine is likely to hit your tongue or the back of your throat.



## Directions

### Read through all steps before beginning.

- Step 1.....Prepare your metered dose inhaler (MDI) as usual.  
Remove the cap on the spacer's mouthpiece.
- Step 2.....Shake the MDI rapidly for five seconds.
- Step 3.....Insert the MDI (inhaler) into the spacer.
- Step 4.....Blow air out of your lungs and put the spacer in your mouth.
- Step 5.....Press down on the inhaler, releasing medicines to fill the spacer.
- Step 6.....Seal your lips around the mouthpiece of the spacer.  
Take in a slow, deep breath to inhale the medicine.  
There should be no whistle sound.
- Step 7.....Hold your breath and slowly count to **10**. It is important to hold your breath for the whole 10 seconds!
- Step 8.....Release your breath and breathe normally.
- Step 9.....Wait **15 seconds**.
- Step 10.....Repeat the steps for each additional prescribed puff.  
Begin with shaking the MDI again and go to Step 4.

### Weekly cleaning of spacer with mouthpiece

1. Remove the rubber-like ring from the end of the spacer.  
Don't remove the mouthpiece.
2. Wash/swish the chamber in warm, soapy water (use mild dish soap).
3. Rinse the inside of the chamber with warm water.
4. Let air dry.
5. Wipe off the mouthpiece with a wet towel.
6. When completely dry, attach the rubber-like ring to the end.

### To Learn More

- Pulmonary 206-987-2174
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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