

Using a Metered Dose Inhaler with Spacer and Mask

Using a mask with a spacer is helpful for very young children or anyone who is having trouble using a regular spacer.

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 metered dose inhaler (MDI) rapidly for **5 seconds**.
- Step 3.....Insert the MDI into the spacer.
- Step 4.....Put the mask over your nose and mouth, but breathe normally.
- Step 5.....While keeping a good seal on the mask around your mouth and nose, press down on the canister once to release the medicine.
- Step 6.....Hold the mask in place and take **6 breaths** to empty the chamber.
- Step 7.....Remove the mask/spacer unit from your face and wait **15 seconds**.
- Step 8.....Repeat the procedure for each additional prescribed puff. Shake the inhaler and begin with Step 5.
- Step 9.....After using a mask, always wipe the skin around your mouth with a wet cloth.



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

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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