

Isticmaalidda Banneeye (Spacer) iyo Maaskaro marka aad isticmaalayso Qalabka neefnuugidda Qiyaas Cabbiran (Metered Dose Inhaler)

Isticmaalidda maaskaro marka la isticmaalayo banneeye waxay caawisaa carruurta aad u yar yar ama qof kastoo ay ku adag tahay in uu isticmaalo banneeyaha caadiga ah.

Tilmaamaha

Tallaabooyinka dhammaantood akhriso ka hor inta aadan bilaabin.

- Tallaabada 1 Sida caadiga ah u diyaarso qalabkaaga neefnuugidda qiyaas cabbiran (MDI). Furka ka saar qaybta afka la geliyo ee banneeyaha.
- Tallaabada 2 Qalabka neefnuugidda qiyaas cabbiran (MDI) dhakhso u rux muddo ah **5 ilbiriqsi**.
- Tallaabada 3 Qalabka MDI dhexgeli banneeyaha.
- Tallaabada 4 Maaskarada dul saar sankaaaga iyo afkaaga, laakiin si caadi ah u neefso.
- Tallaabada 5 Adigoo si fiican maaskarada ugu xajinaya afkaaga iyo sankaaaga, hoos u tuuji daasadda hal jeer si aad u sii dayso daawada.
- Tallaabada 6 Maaskarada halkeeda ku xaji oo qaado **6 neef** si aad u faaruqiso godka.
- Tallaabada 7 Maaskarada/qalabka banneeyaha ka saar wajigaaga oo sug **15 ilbiriqsi**.
- Tallaabada 8 Nidaamka ama hawsha ugu celi buufin kastoo dheeraad ah oo lagu qoray. Qalabka neefnuugidda rux oo ku bilow Tallaabada 5.
- Tallaabada 9 Ka dib marka aad maaskarada isticmaasho, marwalba haragga ku hareersan afkaaga ku masax maro qoyan.



Nadiifinta toddobaad walba ee banneeyaha leh qaybta afka la geliyo

1. Giraangirta caagga u eeg ka saar daafta banneeyaha. Ha ka saarin qaybta afka la geliyo.
2. Godka ku mayr/mari biyo diirran, oo saabuun leh (isticmaal saabuun saxan khafiif ah).
3. Gudaha godka ku dhaqdhaq biyo diirran.
4. U dhig hawada si ay u engejiso.
5. Qaybta afka la geliyo ku masax xarqad qoyan.
6. Marka uu wada engego, daafta ama dhammaadka kaga xir giraangirta caagga u eeg.

Si aad War dheeraad ah u Hesho

- Sanbabbada 206-987-2174
- Weydii bixiyaha daryeelka caafimaadka ilmahaaga
- seattlechildrens.org

Adeegyo Turjumaan oo Bilaash ah

- Isbitaalka gudahiisa, weydii kalkaalayahaaga caafimaadka.
- Isbitaalka dibaddiisa, soo wac Khadka Turjumaanka Qoyska (Family Interpreting Line) ee bilaashka ah, 1-866-583-1527. Turjumaanka u sheeg magaca ama khadka gaarka ah ee aad u baahan tahay.



Isbitaalka Seattle Children's waxuu adeegyo turjumaan oo bilaash ah ugu deeqaa bukaannada Dhego la', dhego culus ama aanan af Ingiriisi ku hadlin, xubnaha qoyska iyo wakiillada sharciyeed. Isbitaalka Seattle Children's waxuu macluumaadkan ku soo diyaarin doonaa qaabab kale marka la codsado. Xarunta Khayraadka Qoyska (Family Resource Center) ka soo wac lambarka 206-987-2201. Waxaa buugyarahan dib u eegay shaqaalaha bukaanka ee isbitaalka Seattle Children's. Hase yeeshee, baahiyaha ilmahaaga ayaa gooni u ah. Ka hor inta aadan macluumaadkan tallaabo ku qaadin ama isku hallaynin, fadlan la hadal bixiyaha daryeelka caafimaadka ilmahaaga. © 2019 Seattle Children's, Seattle, Washington. Xuquuq dhammaan reeban.

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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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