

Family Education Sheet

How to Use an Inhaler with a Spacer and Mouthpiece



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A spacer is a chamber that attaches to an inhaler. It helps to get more medicine into your lungs and less medicine in your mouth. Using a spacer with a mouthpiece takes practice but we will teach you how to do it!

First time using your inhaler? Haven't used your inhaler in awhile? You need to "prime" it before using. You can do this by squirting the inhaler 3 to 4 times in the air—away from your face—until you see the medicine come out.

Follow the steps below to use an inhaler with a spacer and mouthpiece:



1. Wash your hands.



2. Remove the cap from the inhaler.



3. Attach the inhaler to the spacer.



4. Shake the inhaler and spacer to mix up the medicine.



5. Stand or sit up straight. Breathe out slowly.



6. Put the spacer mouthpiece in your mouth and form a tight seal.



7. Press down on the inhaler to push 1 puff of medicine into the chamber. Breathe in slowly and deeply. If you hear a whistling noise, breathe more slowly.



8. Take spacer out of your mouth. Hold your breath for 10 seconds. Remove inhaler from spacer.
9. If your dose is 2 puffs, repeat steps 4-8.



10. Rinse your mouth with water. Spit.

Scan these QR codes to watch our videos on how to use a spacer and mouthpiece:



English version



Spanish version

For more asthma resources, visit
www.childrenshospital.org/asthmaeducation.