

Asthma – use of spacers

Why should you use a spacer?

Inhalation is the best way to administer most medications for asthma. Using a puffer and spacer together is more effective than a puffer alone, as more medication gets into the lungs to relieve asthma symptoms. Spacers are inexpensive and easy to care for and use.

Small volume spacers

(e.g. Aerochamber, Breath-A-Tech)



How to use:

1. Assemble the spacer as per the instructions.
2. Remove the cap from the puffer.
3. Shake the puffer and place it firmly into the end of the spacer
4. Place the mask over your child's face ensuring it covers their mouth and nose. Try to get a good seal around the mask to avoid air getting in. Hold the spacer level so it is not tilting.
5. Get your child to breathe out.
6. Press the puffer ONCE to administer the medication into the spacer. Do not remove the puffer.
7. Allow your child to breathe in and out slowly four times without removing their mouth from the mouthpiece.

If a second dose is required, shake the puffer again and repeat steps 4-7. There is a two-way valve system that prevents any medication from escaping from the spacer.

Note: For spacers with removable valves (e.g. Breath-A-Tech), ensure the four holes in the valve sit over the location pegs. Spare valves are available for purchase at your local chemist.

Large volume spacers

(e.g. Volumatic)



How to use:

1. Assemble the spacer as per the instructions.
2. Remove the cap from the puffer.
3. Shake the puffer and place it firmly into the end of the spacer.
4. Place the mouthpiece of the spacer in your mouth, creating a seal with your lips around the opening. Hold the spacer level so it is not tilting.
5. Breathe out.
6. Press the puffer ONCE to administer the medication into the spacer. Do not remove the puffer.
7. Breathe in and out slowly four times without removing your mouth from the mouthpiece.

If a second dose is required, shake the puffer again and repeat steps 4-7. There is a two-way valve system that prevents any medication from escaping from the spacer.

How to care for your spacer

- The spacer should be cleaned once a week
- Take the spacer apart and wash it in warm water with mild soap or dishwashing detergent – DO NOT RINSE
- Do not wipe the spacer dry with a tea towel – allow it to air dry
- Once dry, put the spacer back together

Questions

If you have any questions or concerns, please don't hesitate to contact the Ward using the phone number below.