

How to Use Your Metered Dose Inhaler (MDI) with a Mask and Spacer

Okay, time for a little review “About Asthma.”

Asthma is a common condition that affects the airways in the lungs.

It’s a chronic disease, which means asthma is a lifelong condition. There is no cure. It can even cause permanent lung damage if it isn’t treated.

Nurse Nightingale was just about to show the Big Bad Wolf how to take his medicine the right way to help control his asthma and prevent asthma attacks. Hey mother, what do you call a pig that knows karate?

A pork chop. Get it?!

Hi ya! Ooohhh....

Mmmm...mmm. Do you mind if we get back to business?

Today I’m going to show you how to use your MDI inhaler and mask, and I’m going to use a technique called “teach-back.”

That means I’ll show you how to use your medicines, then I’ll ask you to “teach- back” what you learned so that I know you understood.

Sounds good!

One: Take the cap off the inhaler.

Two: Shake the MDI.

Three: Insert the upright MDI into the spacer.

Four: Place mask with appropriate seal onto the child’s face.

Five: Press the MDI for one dose or “puff.”

Six: Watch that the child breathes for at least 5-6 breaths (watch the valve move on the spacer).

Seven: If your doctor says to take more than one dose or “puff,” wait one minute before repeating steps 2-6 again.

And that, my friend, is how to use your metered dose inhaler or MDI. Any questions?

No, I think I got it.

Okay, can you “teach-back” what you just learned.

Sure. Can they help me?

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Of course!

Take the cap off the inhaler.

Shake shake that MDI.

Insert that MDI, upright in the spacer.

Apply the mask to the face, take your time it's not a race.

Now press the MDI, for one dose or puff.

Inhale five or six, watch the valve just for kicks. Repeat steps 2 through 6 as prescribed. As prescribed!

Very good! And it's so important to have a great supporting cast help you. A few last things. If using a new MDI for the first time, or if it hasn't been used for a few days, you need to "prime" the MDI to make sure the right amount of medicine is given.

First, remove the cap from the MDI. Next, shake the inhaler.

Then, spray in the air away from you, usually one or two puffs. Different inhalers have different priming instructions. The instructions that come with your MDI will tell you how times it must be primed. Most MDIs have a dose counter that shows how many doses are left in the inhaler. When the counter reads "zero" the inhaler is empty.

And finally, you should wash the spacer once a week with warm, soapy water and let air dry. Or you can put it on the top shelf of your dishwasher.

Okay, I will!

Hi ya!