

Using a Metered-Dose Inhaler With a Mask Spacer

Using an inhaler correctly is an important part of caring for your child.

A metered-dose inhaler and a mask spacer can help you get the right amount of medicine right into your child's lungs.

Metered dose means that the inhaler gives a measured amount of medicine each time your child uses it.

This type of inhaler delivers medicine in the form of a liquid mist.

A spacer is a chamber that attaches to the inhaler.

A regular spacer has a mouthpiece that younger children may have a hard time using.

So instead, younger children can use a mask with a spacer.

The mask spacer fits over the child's mouth and nose.

Before you get started, here are a few things to remember.

Inhalers come in different shapes, sizes, and doses.

Each kind is used differently.

Read the instructions that come with your child's inhaler and spacer.

Make sure you use the right inhaler at the right time.

Label each inhaler if you have more than one.

Check the instructions to see if you need to prime the inhaler before use.

Prime means to get it ready.

If the inhaler needs priming, follow your child's inhaler's instructions.

Before you begin, be sure you've worked with a nurse, doctor, pharmacist, or respiratory therapist to make sure you're using the inhaler correctly.

But here's how someone would generally use a metered-dose inhaler with a mask spacer.

Begin by shaking the inhaler for 5 seconds.

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Remove the cap.

Next hold the inhaler upright with the mouthpiece at the bottom.

Then place the mouthpiece of the inhaler into the spacer.

Now, place the mask spacer securely over your child's mouth and nose.

Be sure to get a good seal.

The mask must fit snugly, with no gaps between the mask and the skin.

With the mask spacer in place, press down on the inhaler to spray 1 puff of medicine into the spacer.

Keep the mask spacer in place, and have your child breathe in and out normally for 5 or 6 breaths.

If your child needs another puff of medicine, wait 1 minute between puffs.

Replace the cap on the inhaler.

Have your child rinse their mouth with water if the inhaler has corticosteroids, such as fluticasone.

Controller inhalers usually have corticosteroids.

Do not let your child swallow the water.

So that's how to use a metered-dose inhaler with a mask spacer.

Now here are some other reminders.

Use the inhaler's dose counter to see how many doses are left, and get inhaler refills before you run out.

Follow the instructions for cleaning the inhaler and the mask spacer.

This will help you do it the right way for each inhaler. It can feel stressful to learn how to use an inhaler with your child.

But using a mask spacer and a metered-dose inhaler can help your child feel better and breathe easier.

And if you have questions, you can always call your child's doctor.