



How to Use a Metered Dose Inhaler with a Spacer

If your child has been prescribed a metered-dose inhaler (MDI), please review instructions that came with your child's inhaler to learn how to use it. General steps on how to use an inhaler are listed below. We recommend using an inhaler with a spacer in children to ensure that the medication is administered effectively unless a spacer is not indicated for the type of inhaler you were prescribed.

1. Take off cap and shake inhaler well. If your child hasn't used their inhaler in a while, please prime the inhaler by spraying it 3-4 times.
2. Connect the inhaler to the spacer (using the rubber ring at the end of the spacer).
3. Sit up straight and tilt head slightly back.
4. Take a deep breath in and blow out to empty your lungs
5. Place mouthpiece of spacer and form a tight seal with your lips
6. As you start to breathe in, press down on inhaler for one puff
7. Breathe in slowly and deeply
8. Hold your breath for 10 seconds
9. Wait 1 minute before you administer a 2nd puff (if needed)

If you hear a whistle from your child's spacer, your child is breathing in too fast.

Learn how to help your child use an inhaler with a spacer with this video:

<https://youtu.be/0bU6fCN44FA>

How to use a Dry Powdered inhaler (ProAir RespiClick, Qvar RediHaler)

If your child has been prescribed a dry powdered inhaler, it cannot be attached to a spacer. Please refer to instructions that came with your child's inhaler. General instructions for use are as follows:

1. Hold the inhaler upright and open the cap fully until you or your child feel and hear a "click".
2. Hold the inhaler upright
3. Before your child inhales, have him or her breathe out (exhale) through their mouth and push as much air from their lungs as they can.
4. Do not exhale into the inhaler mouthpiece.
5. Put the mouthpiece in your mouth and close your lips tightly around it.
6. Do not block the vent above the mouthpiece with your lips or fingers.

7. Breathe in quickly and deeply through your mouth, to deliver the dose of medicine to your lungs.
8. Remove the inhaler from your child's mouth.
9. Have your child hold their breath for about 10 seconds or for as long as you comfortably can.
10. Close the cap firmly over the mouthpiece after each inhalation so that the inhaler will be ready for the next dose.
11. If your child needs another dose close the cap and then repeat steps 1-9.

Learn how to help your child use this inhaler with this video:

<http://www.proair.com/respiclick/asthma-resources/videos.aspx>