



How to use a spacer with your metered dose inhaler (MDI)

Why use a spacer? Without a spacer the medication from the inhaler can be hard to inhale at just the right time, and it can be absorbed into the mouth and throat, rather than making it to the lungs, where it can help breathing.

Which inhalers (MDI's) need a spacer? Albuterol inhalers (which can be named Ventolin, Proventil, or ProAir) and Levalbuterol Inhalers (Xopenex)



How to use a spacer with your MDI:

1. If your inhaler has never been used, or has not been used in 1 week, prime it before use. To prime, take off the inhaler cap and shake the inhaler about 10 times. Then, prime (spray or pump) the inhaler as listed on the manufacturer's instructions (each brand is different).
2. Insert the MDI in the rubber ring at the end of the spacer
3. Stand up (skip this step for infants and toddlers, unless able)
4. Take a big breath in and then let it out completely (skip this step for infants and toddlers)
5. Place mask around nose and mouth (yellow spacer with mask) or mouthpiece in mouth (blue spacer) and make a tight seal.
6. Push down firmly on top of the medicine canister to release 1 puff/spray into the spacer
7. Take a slow and deep breath in through your mouth and then try to hold your breath for 5 seconds (for infants and toddlers, parents should hold the mask in place for 6 breaths)
8. Take spacer out of mouth or mask off face and breathe out slowly
9. If your prescription says to use 2 puffs of medication per dose, wait 1-3 minutes and repeat steps 2-8.



Cleaning the spacer: Clean the spacer 1 time each week. Remove the inhaler from the spacer and take off the rubber end that holds the inhaler into the spacer. Wash all parts of the spacer with mildly soapy water and rinse thoroughly with water. Let the spacer air dry and make sure it is completely dry before next use.