

How to use a spacer 0 to 4 years of age

Children under 4 years of age often need a mask attached to the spacer to help get the medication into the lungs. Some children as young as 2 years old can manage a spacer without a mask. It just depends on your child.

If your child can suck water through a straw then they should manage a spacer without a mask. The mask plastic absorbs some of the medication and therefore does not go into your child's lungs. As the mask covers the nose and mouth, some of the medication is also lost to the nose and therefore does not go into your child's lungs.

Spacers help get the asthma medication into the lungs better and also reduces the side effects of some asthma medications such as hoarse voice and oral thrush. A new spacer must be washed first in warm soapy water. DO NOT RINSE. The soap forms a film on the plastic and stops the medication sticking to it so all of the medication goes to your child's lungs. Air dry spacers only. Wiping out the spacer will cause static in the spacer and this causes the medication to stick to the spacer and not go into your child's lungs. Spacers should be washed every month.

Only put in one puff of asthma medication into your spacer at a time. If you put in more than one puff the medication falls to the bottom of the spacer and doesn't go into your child's lungs. We no longer recommend nebulisers for children with asthma.

1. Check date on medication is not expired.



2. Remove cap from puffer and spacer (if applicable).

3. Shake puffer well for about 3 seconds.
Insert puffer into the end of the spacer.



4. Attach the mask over the mouthpiece of the spacer and put the mask to your child's face, ensuring a tight seal over their mouth and nose.

5. Press one dose from the puffer into the spacer.
Keep the mask in place until the child has taken at least 4-6 breaths in and out. Listen or look for the valve moving in and out. This means that they are getting the medication.



6. Repeat steps 3-5 if another dose is required.
Once completed wipe mouthpiece with a tissue and replace the cap.
Only give one puff of medication at a time followed by at least 4-6 breaths in and out of the spacer.

IMPORTANT NOTE: Do not store asthma medication in hot areas such as car gloveboxes. This will affect the medication.

For more information

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