

How to use a spacer over 4 years of age

Spacers come in all shapes and sizes and we have found that the best spacer for your child is the one that they will always use with their medication. 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.

<p>1. Check date on medication is not expired.</p>			<p>2. Remove cap from puffer and spacer (if applicable).</p>
<p>3. Shake puffer well for about 3 seconds. Insert puffer into spacer.</p>			<p>4. Tell your child to bite on the mouthpiece and close their lips tightly around the mouthpiece.</p>
<p>5. Breathe out into spacer, press one dose from the puffer into the spacer. Spacer should be level as shown in this picture.</p>			<p>6. Either ask your child to take a slow deep breath in through the mouthpiece and hold their breath for up to 5-10 seconds, or take 4-6 normal breaths in and out through the spacer. Repeat steps 3-6 if another dose is required.</p>

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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