

How to use a Spacer teenagers

It is important to include your teenager when making decisions about which device they will use. They will use the device they like best. If you are using a puffer it is recommended that you also use a Spacer. They may not use it all of the time and therefore it is important they are well prepared in their own asthma management to cope without a Spacer.

Teenagers often manage their asthma well using a combination of self management tools such as a symptom diary and peak flow monitor. All children, including teenagers must have an asthma action plan that they understand and can follow.

1. Using a puffer with a cardboard Spacer.
The cardboard Spacer packs flat and when needed, the sides can push in to open the cardboard into a Spacer.

They will fit easily into handbags or pockets and are available from Chemists.



2. Using a sportshaler when out running or playing sport as it is difficult to carry a Spacer. Sportshalers have a mouthpiece that closes off when not in use to protect the mouthpiece from dirt, chaff and dust.

3. The sportshaler comes with a Spacer connector to connect into different Spacers. Not all Spacers require the connection piece.



4. Sportshalers come in a variety of colours, are trendy and are available from Chemists.

5. The Able Spacer opens to allow your child to store their medication inside it when not in use.



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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