

How do I use my Metered-Dose Inhaler (MDI) with a spacer and mask?

1. Remove the cap and shake the MDI.
2. Insert the mouthpiece of the MDI into the opening at the end of the spacer.
3. Apply the mask to face so there are no leaks between face and mask. The valve should open with breathing.
4. Depress the canister to allow medication to enter the spacer. Breathe normally into the device 5 - 6 times (for children over 18 months), or 8 - 10 times (for children under 18 months), so that the medication can be inhaled OR Encourage a slow deep breath, and breathe out. (A breath hold is not usually possible for young children.)

CARE OF A SPACER

1. Clean the spacer about once a week. Immerse the spacer in warm mildly soapy water and agitate.
2. Rinse with clear water.
3. Shake off excess water and leave to dry overnight.

THE  LUNG ASSOCIATION™
When you can't breathe, nothing else matters.

 and 
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Metered dose inhaler with spacer and mask