



Why use a spacer?

A spacer is a device which makes it easier to use your inhalers, helping more medication to reach your airways.

A spacer will also minimize the risk of a hoarse voice and thrush in the mouth after using your *preventer*.

We recommend that everyone, regardless of their age use a spacer device when using an inhaler.



How do I use a spacer with mouthpiece?

Applicable for ages 4 to 100 years.

- Ensure no objects have been left inside the spacer.
- Remove caps & shake inhaler, place in end of spacer.
- Stand up (if possible) relax shoulders & keep chin up.
- Place mouthpiece well into your mouth, seal lips around the mouthpiece.
- Breathe out into the mouthpiece.
- Put one (1) puff into the spacer, then either:
 - Take a slow deep breath in and hold your breath for 10 seconds, **or**
 - Take four (4) slow deep breaths in and out keeping the mouthpiece in your mouth (*known as tidal breathing.*)
- Shake inhaler and repeat if second puff required.
- After using a *preventer* inhaler, rinse your mouth, brush your teeth and have a drink.

Practice using the spacer without an inhaler. Remove the mouthpiece and stand in front of a mirror, breathe in and out to see if valves open effectively.



How do I use a spacer with mask?

Recommended for babies and children up to 4 years old.

Before you start – Be positive and SMILE, your child will be aware if you are anxious. Reassure your child by pretending to take the medication yourself or give it to a favourite toy.

- Ensure no objects have been left inside spacer.
- Remove the cap from the inhaler and shake.
- Insert the inhaler in the end of the spacer.
- Put mask over your child's nose and mouth.
- Ensure there is a good seal by watching the valve move with each breath.
- Put one (1) puff of inhaler into spacer.
- Let your child take five (5) breaths in and out keeping a good seal.
- Shake inhaler and repeat for second puff.
- SMILE, clap your hands and praise your child.
- After using a *preventer* inhaler wash your child's face and give them a drink.

How to clean your spacers:

Wash in warm soapy water once a month, do not rinse or towel dry. Leave to drip dry.

Spacers should be replaced every year.

Need help with spacer technique? Contact an asthma nurse.

Learn More – Breathe Better

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