

## Metered Dose Inhaler (MDI) with Spacer/valved Holding Chamber and Facemask

### Steps to use:

1. Check counter on inhaler before use.
2. Remove the caps from the spacer/valved holding chamber and inhaler.
3. Shake the inhaler for 3-5 seconds.
4. Connect the inhaler to the spacer/valved holding chamber.
5. Attach the mask to the mouthpiece of the spacer/valved holding chamber.
6. Have your child stand or sit up straight. Place the mask over your child's nose and mouth to make a tight seal.
7. Have your child breathe out.
8. Press down on the inhaler one time to spray into the spacer/valved holding chamber.
9. Have your child slowly breathe in and out for a total of **10 breaths**.
10. Wait 1 minute and repeat steps 2-8 for each puff prescribed.
11. Remove the inhaler from the spacer/valved holding chamber and replace the cap on the inhaler when finished.



The facemask and spacer should be used with kids under the age of 7 or kids who cannot coordinate pressing down on the inhaler, making a tight seal around the mouthpiece, and/or inhaling and holding their breath for a count of 10 seconds.

If your child used an inhaled steroid, have them wash their face, rinse their mouth or brush their teeth after each use.

**If the inhaler is new, has not been used in one week, or has been dropped, it needs to be primed by spraying the medicine into the air 2-4 times. This does not count as a dose of medication.**

[To watch a video on how to use the MDI with a mask, scan the QR code.](#)



<https://bit.ly/3SyfrRx>

### Cleaning Instructions

Clean spacer/valved holding chamber once a week:

- Remove the facemask mask and take apart the spacer/valved holding chamber.
- Rinse in warm soapy water. Then rinse in clean water and air dry.
- Do not put any part in the dishwasher.
- Clean the small hole in the inhaler once a week with a wet Q-tip.
- Replace the inhaler when the counter reaches 000. Even though it may continue to spray, no medicine is coming out.

# Metered Dose Inhaler (MDI) with Spacer/Valved Holding Chamber and Mouthpiece

## Steps to use:

1. Check counter on the inhaler before use
2. Remove caps from the spacer/valved holding chamber and metered dose inhaler (MDI)
3. Shake the inhaler for 3-5 seconds.
4. Connect the inhaler to the spacer/valved holding chamber.
5. Stand or sit up straight.
6. Breathe out, insert mouthpiece between teeth and make a tight seal with your lips.
7. Press down on the inhaler once to spray into the spacer/valved holding chamber.
8. Breathe in deeply through your mouth for about 5 seconds.
  - o You should not hear a whistle.
  - o If you hear a whistle, you are breathing in too fast.
9. Hold your breath for **10 seconds**.
10. Breathe out normally.
11. Wait 1 minute and repeat steps 2-9 for each puff prescribed.
12. Remove the inhaler from the spacer/valved holding chamber.
13. Replace the cap on your inhaler when finished.



If you are using an inhaled steroid, wash your face, and rinse your mouth or brush your teeth after each use.

**If the inhaler is new, has not been used in one week, or has been dropped, it needs to be primed by spraying the medicine into the air 2-4 times. This does not count as a dose of medication.**

To watch a video on how to use the MDI with a spacer, scan the QR code.



<https://bit.ly/3ujhCyW>

## Cleaning Instructions

Clean spacer/valved holding chamber once a week:

- Take apart the spacer/valved holding chamber.
- Rinse in warm soapy water. Then rinse in clean water and air dry.
- Do not put any part in the dishwasher.
- Clean the small hole in the inhaler once a week with a wet Q-tip.
- Replace the inhaler when the counter reaches 000. Even though it may continue to spray, no medicine is coming out.