



# ASTHMA CARE

## Spacers and MDI's

A metered dose inhaler (MDI) holds asthma medicine.

A **spacer** helps the medicine get from the metered dose inhaler (MDI) to your lungs.



- Medication from a MDI comes fast. Without a spacer most of the medicine gets on the tongue, in the back of the throat, even on the face. The medicine needs to get into the airways.



- The spray from a MDI contains large and small bits of medication. Without a spacer the large bits are too heavy to make it all the way down into the airways. They end up in the mouth and are washed into the stomach, rather than the airways.
- Research has shown that inhaled medicines are 14 times more likely to get into the small airways when using a spacer.

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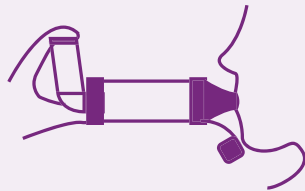
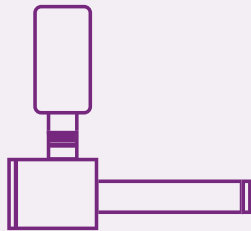
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## Use the spacer correctly.

Test a new inhaler or one that has not been used in one week. Spray 4 sprays into the air before using it.

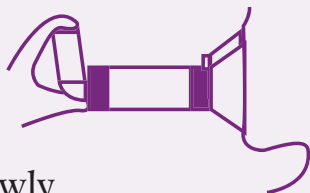
### Older children and teens should:

1. Insert the inhaler into the spacer.
2. Shake the inhaler 8 to 10 times.
3. Breathe out.
4. Place the mouth piece of the holding chamber between your teeth and above your tongue and close your lips around it.
5. Press down on the inhaler (MDI) once.
6. Take a slow deep breath.
7. Hold your breath for 10 seconds after inhaling. For InspirEase hold for a count of 1-2-3. Then exhale.
8. Wait at least 1 minute before taking a second puff, if needed.



### Use a spacer with a mask for children under 5 years old. Follow these steps:

1. Follow steps 1 and 2 above.
2. Press down on the MDI once.
3. Place the mask over the child's nose and mouth.
4. Parent should count slowly to 5 and remove mask.
5. Wait at least 1 minute before a second puff, if needed.



**Spacers should NEVER be shared and should be cleaned often. To clean a spacer:**

1. Remove the MDI from the spacer. Do not wash the MDI.
2. Wash the spacer with warm, soapy water and rinse.
3. Air dry the spacer.



## You don't have to do this alone!

To find out more about asthma care call Alliance Health Programs at **510-747-4577**.

Toll-Free: 1-877-932-2738;  
CRS/TTY: 711 or 1-800-735-2929;  
8 a.m. to 5 p.m., Monday-Friday;

[www.alamedaalliance.org](http://www.alamedaalliance.org)

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