

Multidosing with Reliever Inhalers using a Spacer

Spacers are an excellent way of getting inhaled medication into the lungs.

1. Fit the spacer and mask together as necessary.
2. Remove the dust cap and shake the inhaler.
3. Fit the inhaler into the spacer.
4. Your child should close their lips around the mouthpiece or, if they require a mask, put this over the child's nose and mouth.
5. Press the inhaler once.



Under 3's: if using a mask, tilt the Volumatic to 45 degrees and hold in place for 15-30 seconds. If you are using an Aerochamber, ensure the valve moves with each breath.

Over 3's: if using a mouthpiece, ask the child to breathe normally through their mouth into the spacer 5 times.

6. Shake the inhaler after every spray.
7. Repeat the above steps as many times as you have been advised to, using 1 puff at a time.

The inhaler should work within 5-10 minutes, but seek medical help immediately if any of the following apply:

- Your child needs to use their inhaler within 1 hr of the last dose;
- The dose not seem to be working at all;
- Your child has a chest that hardly moves with breathing;
- Your child is blue around the lips;
- Or your child becomes drowsy, confused or exhausted.

If you have open access to the Children's Assessment Unit (CAU) call them on 01603 289774 and tell them you are bringing the child to hospital, or go to your nearest Accident and Emergency Department.

Call 999 for an ambulance if necessary.

Give continuous treatments through the spacer until you receive medical help.

Useful Contacts

Children's Respiratory Nurse Specialists
Jenny Lind Children's Hospital - 01603 287851

Asthma UK 0300 222 5800
www.asthma.org.uk