

How to give your child their inhaler with a mouthpiece spacer



How to give your child their inhaler with a mouthpiece spacer

How to give your inhaler

1. Shake the inhaler thoroughly
2. Remove the lid from the inhaler
3. Fit the inhaler into the end of the spacer
4. Put the mouthpiece into your child's mouth – make sure that there is a good seal with their lips
5. Press the inhaler once
6. Your child should take 5 slow breaths in and out through the mouthpiece.
If using a large Volumatic spacer the valve will “click” with each breath
7. For subsequent puffs, follow steps 1-6.

Remember

Only press the inhaler once each time, otherwise puffs stick together and coat the sides of the spacer so your child will get less medicine.

Wash your spacer once a month - see “Looking after your spacer” leaflet.

Always rinse your child's mouth or brush their teeth after using a PREVENTER inhaler.

Helping your child to take their inhalers

- Make it a positive experience, try to prevent your child getting anxious
- Allow your child to practise with the inhaler and spacer, without pressing the inhaler
- Count to 5 out loud when your child is breathing in after the puff of inhaler – you should be able to hear the “click”
- Make taking the inhaler part of your child’s routine. For example, before brushing their teeth in the morning and before bed
- Give them lots of praise when they take the inhaler correctly
- When you have finished giving your child the puffs, let them play with the spacer so that they can get used to it
- Allow them to put stickers on it.

Correct inhaler technique is the best way to control your child’s wheeze.



Additional information

Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

If you would like this information in another language or another format such as braille, large print or an electronic or audio file, please contact the Patient Advice and Liaison Service (PALS) on **020 8333 3355** for University Hospital Lewisham or **020 8836 4592** for Queen Elizabeth Hospital or email **LG.pals@nhs.net**

© 2018 Lewisham and Greenwich NHS Trust
Trust Headquarters
University Hospital Lewisham
Lewisham High Street
London, SE13 6LH

Tel: 020 8333 3000
www.lewishamandgreenwich.nhs.uk

Version V1 - August 2018
REPU000739
For reorder contact:
LG.Reprographics@nhs.net

Published: August 2018
Review date: August 2021