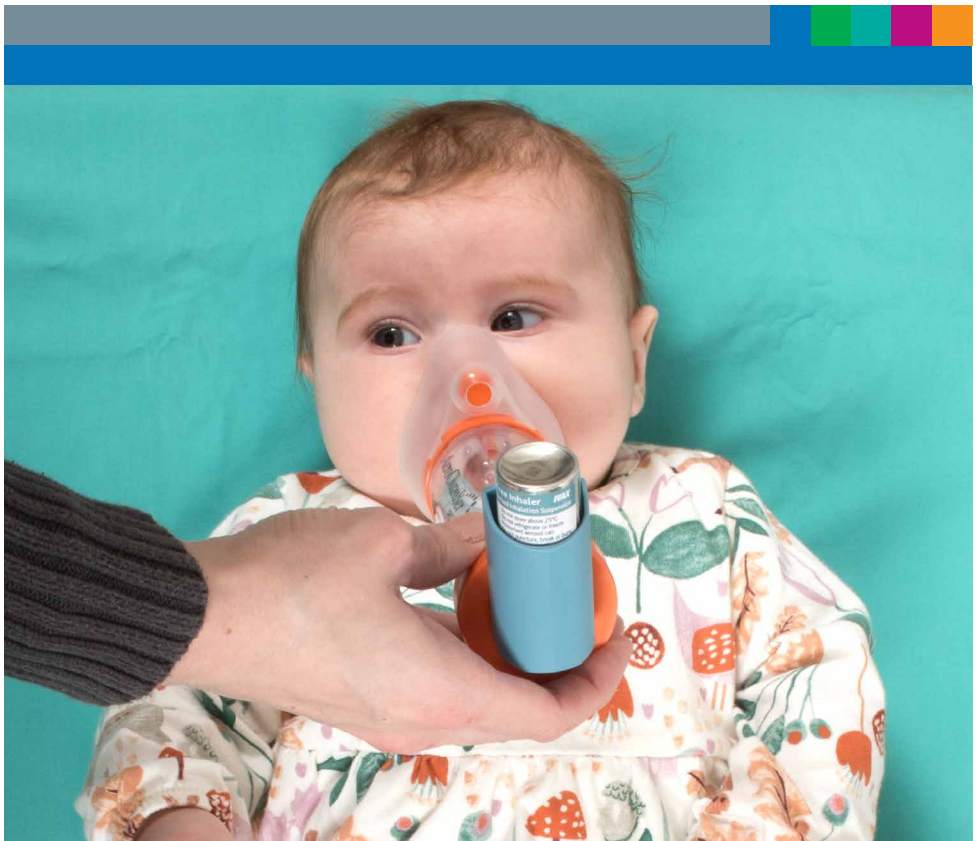


How to give your child their inhaler with a spacer and mask



How to give your child their inhaler with a spacer and mask

How to use 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 mask over your child's nose and mouth, making sure that there is a good seal. **Do NOT press too firmly**
5. For children UNDER 18 months, using the large Volumatic inhaler, tilt the spacer upwards so that the valve is open
6. Press the inhaler once and count 10 seconds
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 you will get less medicine.

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

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

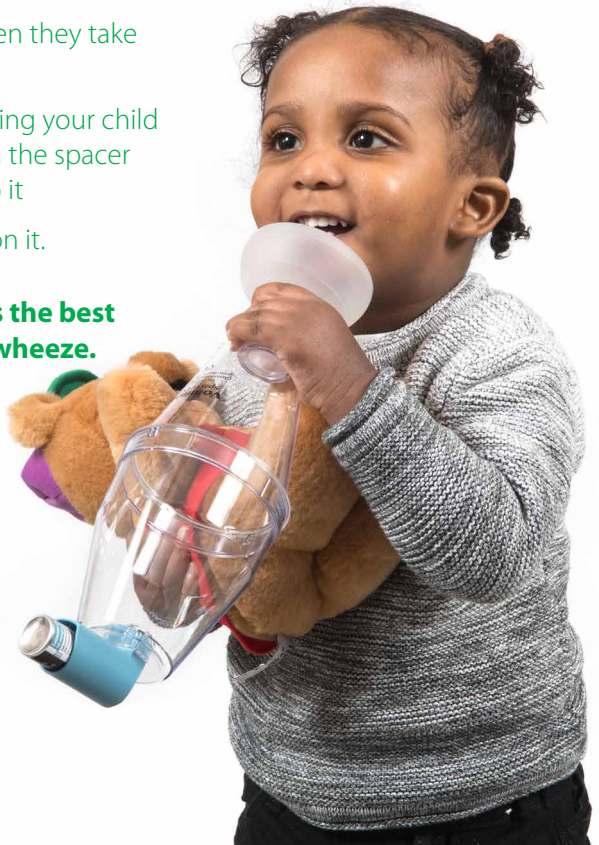
Helping your child to take their inhalers

Make it a positive experience, try to prevent your child getting anxious.

Depending on the age of your child you can:

- Cradle your child in your arms – you can swaddle them with a blanket to prevent them from knocking the spacer out of your hands
- Cuddle your child on you knee – tuck their arms under yours arms and their legs under yours legs to prevent them from knocking the spacer out of your hands
- Count to 10 out loud when your child is breathing in after the puff of inhaler, then they know when it is finished
- 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**

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