



## Parent / patient Information: Asthma – use of spacers



Cork Emergency Medicine

<http://EMed.ie>

Inhalation is the best way to take most asthma medications. We now know that asthma medication given through a puffer/inhaler and spacer relieves asthma symptoms just as well as a nebuliser.

The benefits of using a puffer and spacer are they:

- easy to use;
- inexpensive;
- portable;
- easy to care for.

It is important to remember the following when using a puffer and spacer:

- A puffer and spacer are better than using a puffer alone as more medication gets to the lungs where it is needed;
- The number of puffs given in hospital is usually more than is given at home;
- You and your child need to know how to use the puffer and spacer properly for the medication to work as well as it can;
- You and your child need to know how to care for the spacer.

### Large Volume Spacers

(e.g. Volumatic)



If you are concerned, please contact the Emergency Department you first attended:

Mercy University Hospital  
(021) 230 5011

M-UCC at SMHC (St. Mary's Health Campus)  
(021) 4926900

CUH  
(021) 4920200

Local Injury Unit  
Mallow General Hospital  
(022) 58506

Bantry General Hospital  
(027) 52900



### How to use your Large Volume Spacer

1. Put together the spacer following the instructions that come with your spacer;
2. Remove the protective cap from the puffer;
3. Shake the puffer well and insert (place) it firmly into the end of the spacer;
4. Place the mouth piece of the spacer in your mouth and put it between your teeth. Now, close your lips around the spacer mouth piece. Make sure your lips cover the entire mouth piece so there are no gaps. Hold the spacer level so that it does not tilt up or hang down;
5. Breathe out gently;
6. Press the puffer ONCE to release a dose of the medicine into the spacer. Do not remove the puffer.
7. Breathe in very slowly until you have taken a deep breath. You will hear a whistle sound if you are breathing in too fast. Hold your breath for a few seconds, then breathe out slowly and deeply through your mouth. Breathe in and out 5-10 times (do not remove your mouth form the mouthpiece in between each breath - there is a 2 way valve system which will prevent any of the medication from escaping from the chamber).

If a second dose is needed, take a break of a few breaths, shake the puffer again and repeat steps 4-7. You can shake the puffer while it is still attached/connected to the spacer.

- Make sure this has been shown to you and that you understand it.

### How to care for your spacer

- The spacer should be cleaned once a week
- Take the spacer apart and wash it in warm water containing a little dishwashing detergent or mild soap.
- DO NOT RINSE
- Allow the spacer to drip dry. Do not wipe the spacer dry with a tea towel. Allow it to air dry. This can be done overnight.
- Put the spacer back together
- Do not allow anyone else to use your spacer

### Small Volume Spacer

(e.g. Aerochamber or Babyhaler)



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### How to use your Small Volume Spacer

1. Put the spacer together following the instructions that come with your spacer
2. Remove the protective cap from the puffer
3. Shake the puffer well and insert it firmly into the end of the spacer.
4. Place the mask over your child's face, making sure that it covers the mouth and nose. Try to get a good seal on the skin so that no air can get in.
5. Get your child to breathe out gently.
6. Press the puffer once to release a dose of the medicine into the spacer. Do not remove the puffer.
7. Allow your child to breath in and out 5-10 times. This usually means leaving the spacer in position for about 15-20 seconds (do not remove the mask in between each breath - there is a 2 way valve system which will prevent any of the medication from escaping from the chamber).

If a second dose is needed, take a break of a few breaths, shake the puffer again and repeat steps 4-7. You can shake the puffer while it is still attached/connected to the spacer.

### How to care for your spacer

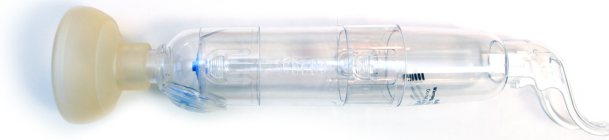
- The spacer should be cleaned once a week;
- Take the spacer apart and wash it in warm water containing a little washing up liquid or mild soap;
- Rinse in cold water (or as per manufacturers guidelines);
- Allow the spacer to drip dry. Do not wipe the spacer dry with a tea towel. Allow it to air dry. This can be done overnight;
- Put the spacer back together;
- Do not allow anyone else to use your spacer.

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## SPACER SLECTION



### BABYHALER

Allen & Hanburys

For babies and young children



### ORANGE AEROCHAMBER

Trudell Medical

For infants 0-18 Months



### YELLOW AEROCHAMBER

Trudell Medical

For children 1-5 Years



### BLUE AEROCHAMBER

Trudell Medical

From 5 Years - Adult



### VOLUMATIC

Allen & Hanburys

From 4 Years - Adult

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