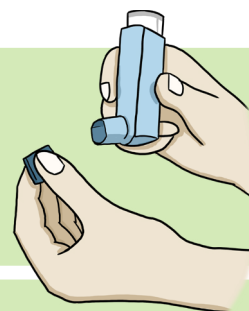


How to use a puffer with a large spacer

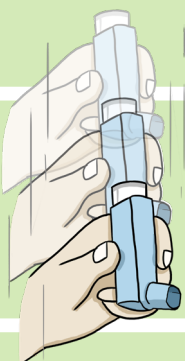
- Asthma (short wind) medicine is best taken using a spacer to get more medicine into the lungs.
- The spacer holds the medicine until bub can breathe it all in.
- It's best for bubs 5 years or older.
- Without a spacer the medicine sits in the mouth and throat. The throat can become sore.

Using a spacer

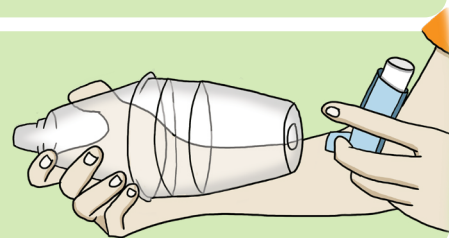
1. Take the cap off the puffer.



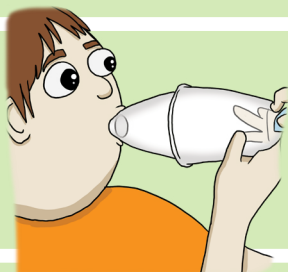
2. Hold the puffer upright and shake well.



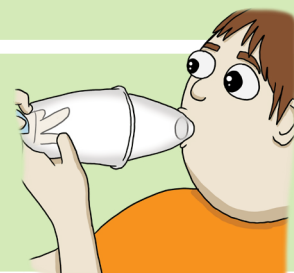
3. Place the mouthpiece of the puffer firmly into the end of the spacer.



4. Ask bub to place their lips around the other end leaving no gaps. Bub should breathe "out" all the way, to empty their lungs, then press down on the puffer once to spray 1 puff into the spacer.



5. Bub should take one slow, deep breath in through their mouth and hold their breath for 5 seconds. If unable to hold their breath they can take 3 slow breaths "in" and "out".

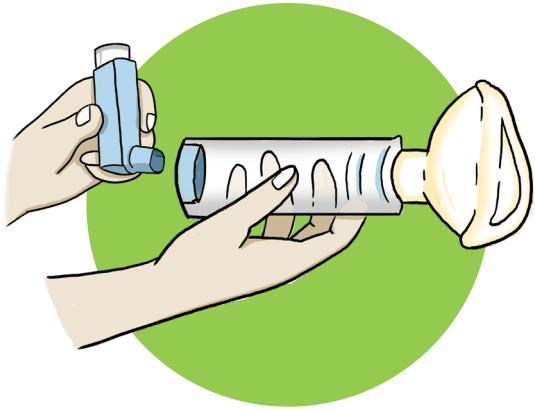


6. Repeat steps 2 to 5 if more doses are needed. Only give one puff at a time.

Stopping static

Static builds up inside the spacer, making the medicine stick to the sides stopping some of the medicine getting to the lungs from the puffer. You can stop the static by washing your spacer with dishwashing liquid. Wash your spacer when it is new and then once a week.

Washing your spacer



Take the pieces of the spacer apart

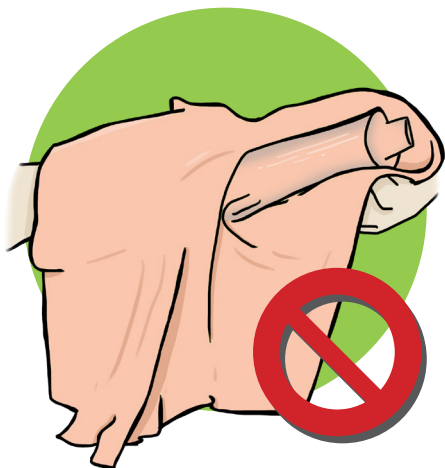


Use dish washing liquid and warm water and soak for a few minutes



Leave to drip dry

Don'ts



Don't rub dry as this causes static



Don't rinse the soap off. The soap will help prevent static.

Small spacer shown in pictures above



Government of Western Australia
Child and Adolescent Health Service

Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009.
Telephone: (08) 6456 2222
Produced by: PCH Asthma Nurses / Social Work
Ref: 485.1 © CAHS 2021

This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

© State of Western Australia, Child and Adolescent Health Service.