

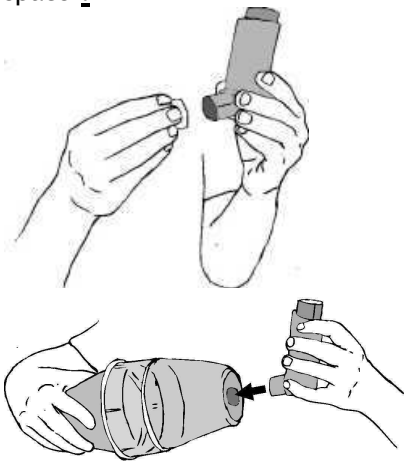
Large Volume Spacers

A Spacer holds the spray from a puffer until your child has breathed it into their lungs. **Everyone** should use a spacer with their puffers, as it helps to get more of the medicine down into the lungs.

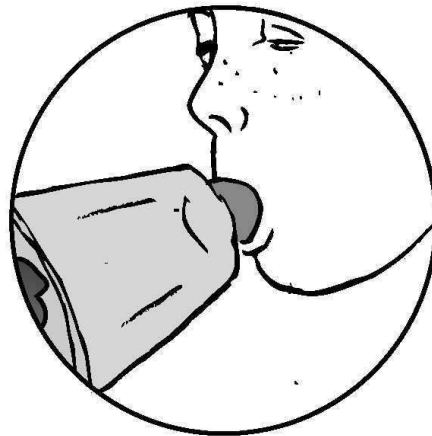
Most children 5 years and older can use a large volume spacer. Large volume spacers are preferred from this age.

How to use a spacer

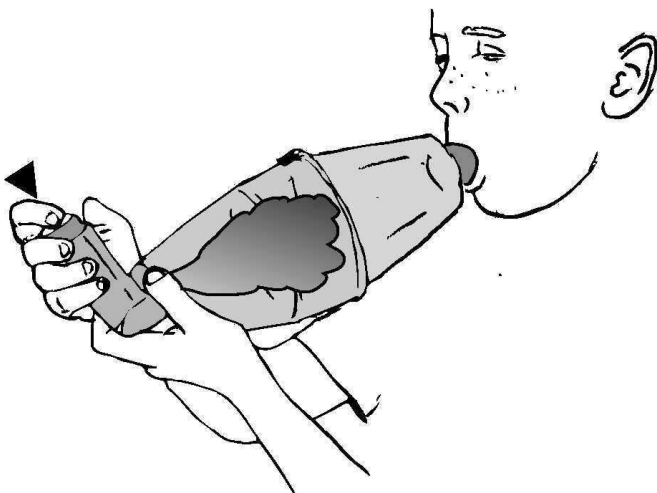
1 Take the cap off the inhaler and shake inhaler well. Place the mouthpiece of the inhaler into the end of the spacer.



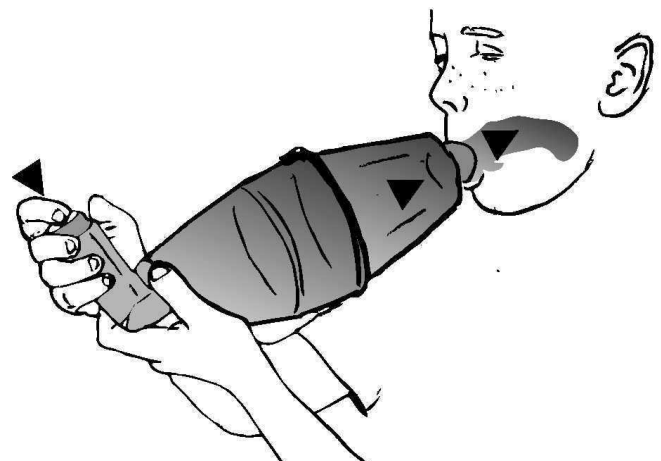
2 Place mouthpiece in the mouth and seal lips around it.



3 Ask your child to breathe out through their mouth to empty their lungs. Press down on the puffer once.



4 Your child should take one slow, deep breath in through their mouth, then hold their breath for 5 to 10 seconds.



Note: If your child is under 5 years of age or is unable to hold their breath, ask them to take 4 **slow, deep** breaths in and out through the spacer. You should hear the valve clicking as your child is breathing in and out.

5. If a second dose is needed repeat steps 1 to 4.

Never spray any more than one puff of the medication into the spacer at any time.



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How should you look after a spacer?

Static electricity builds up inside a spacer. This makes the medication stick to the inside of the spacer, so your child won't get as much medicine down into their lungs.

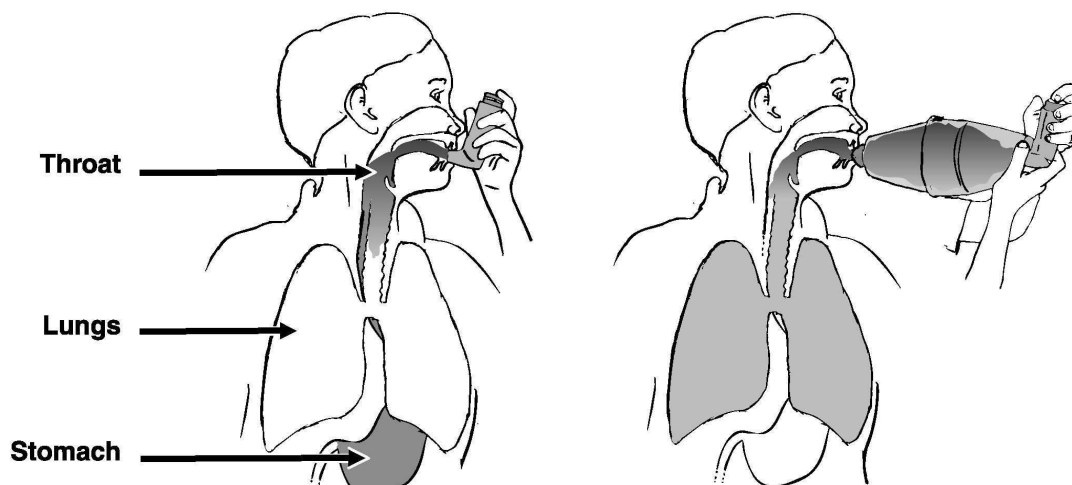
To get rid of the static, spacers should be washed when they are first bought, and then once every week:

- Take the pieces of the spacer apart and soak in warm soapy water for a few minutes. Dish washing liquid is best.
- Leave to drip dry **without** rinsing the soapy water off. Never rub dry, as this creates more static.
- The soap will create a thin layer on the inside walls of the spacer, which will help to stop static building up.
- Do not keep in a plastic bag, as this also increases static.

Why use a spacer?

- Spacers ensure more of the medication gets down into the lungs, so the medicine will work better.

Picture showing drug deposition of medication in lungs with spacer vs no spacer.



- Spacers can work just as well as a nebuliser, and they are cheaper and easier to carry around. Most children will not need a nebuliser at home.
- Less of the medicine gets stuck in the mouth and throat when a spacer is used. This helps to cut down the risk of side effects in the mouth and throat such as thrush, hoarse voice and a sore throat when using steroid puffers.

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