Health Facts

Small volume spacers without a mask

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

Many children by three years of age can start using their spacer without a mask.

How to use a spacer

1. Take the cap off the puffer.
2. Hold the puffer up right and shake well.
3. Place the mouthpiece of the puffer firmly into the end of the spacer.
4. Place the mouthpiece of the spacer into your child’s mouth with lips closed firmly around it.
5. Press down on the inhaler once and wait for your child to take three deep breaths in and out. (Watch the valve move with each breath) Encourage mouth breathing which will increase medication delivery to the lungs.

If a second dose is needed, repeat stages 2-5.

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

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 only when they are first bought, and then every month.

Take the pieces of the spacer apart. Soak in warm water for a few minutes. Use ordinary dish washing liquid. Leave to drip dry.

Do not rub as this causes static. Do not rinse the soap off. The soap will create a thin layer of soap inside the spacer which helps prevent static.

Why use a spacer?

- Using a spacer ensures that much more of the medication gets down into the lungs, than using the puffer without a spacer
- Spacers work just as well as a nebuliser and they are cheaper and easier to carry around. Most children do 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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