

Using Your MDI With a Spacer and Mask— Pediatric

Patient Education Guide

AMERICAN COLLEGE OF
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PHYSICIANS

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To make your child's breathing better, you **MUST** give your child the medicine as explained below. Following these instructions puts more of the medicine in your child's lungs. This will help open the air passages in your child's lungs and help him or her breathe easier and feel better. You need to ask your child's health-care provider or pharmacist how many puffs the metered-dose inhaler (MDI) has when it is full. You need to keep track of how many puffs of medicine your child takes every day, so you can have the MDI refilled before your child runs out of medicine. Before using the MDI, please read the separate sheet on priming or preparing your MDI. The MDI and spacer should be cleaned once a week. See instructions on cleaning your MDI.



1 Take cap off MDI. Check for and remove any dust, lint, or other objects. Shake MDI well.



2 Attach MDI to spacer.



3 Have the child sit up straight or stand. Place the mask over the child's nose and mouth. The mask should be held on the face firmly enough so none of the medicine can escape.



4 Press down on the MDI. This puts one puff of medicine in the spacer.



5 To breathe in that one puff of medicine, the child should **BREATHE IN AND OUT NORMALLY FOR SIX BREATHS**. Do not remove the mask until the sixth breath is complete.



6 Remove the mask from the child's face.



7 If your child needs to take another puff of medicine, wait 1 minute. After 1 minute repeat steps 3-6.



8 Have your child rinse his or her mouth out with water after the last puff of medicine. Make sure the child spits the water out. Do not allow the child to swallow the water. *Rinsing is only necessary if the medicine you just took was a corticosteroid, such as Flovent®, Beclovent®, Vanceril®, Aerobid®, or Azmacort®.* Recap the MDI.

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Priming and Cleaning Your MDI and Spacer

Patient Education Guide

Priming Your Metered-Dose Inhaler (MDI)

Preparing your MDI will need to be done for every new MDI before it is used or if it has been a long time since you last used your MDI. There are two types of MDIs. You need to ask your health-care provider or pharmacist if your MDI is a HFA or a CFC. The type of MDI you have will dictate how you prepare your MDI before use.

HFA MDIs: If your MDI is new or has not been used in 2 weeks shake, the MDI very well then press down on the MDI four times wasting four puffs into the air. After this is done, you are ready to take your medicine. See instructions on using your MDI (separate sheet).

CFC MDIs: If your MDI is new or has not been used in 12 hours, shake the MDI very well, then press down on the MDI once, wasting one puff of medicine into the air. After this is done, you are ready to take your medicine. See instructions on using your MDI (separate sheet).

Cleaning Your MDI



1 Take metal canister out of plastic container.



2 Rinse plastic container with warm water at least once a week.



3 Let plastic container air dry.



4 Replace metal canister in plastic container.

Cleaning Your Spacer



1 Remove rubber end where MDI fits.



2 Fill a sink or deep bowl with warm water. Add one drop of liquid detergent.



3 Place both pieces in the warm soapy water, and gently shake both pieces back and forth.



4 Rinse only the mouthpiece in running water.



5 Shake to remove the water.



6 Let air dry in vertical position. Do not dry with towels.



7 Put rubber end back on spacer when completely dry.

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