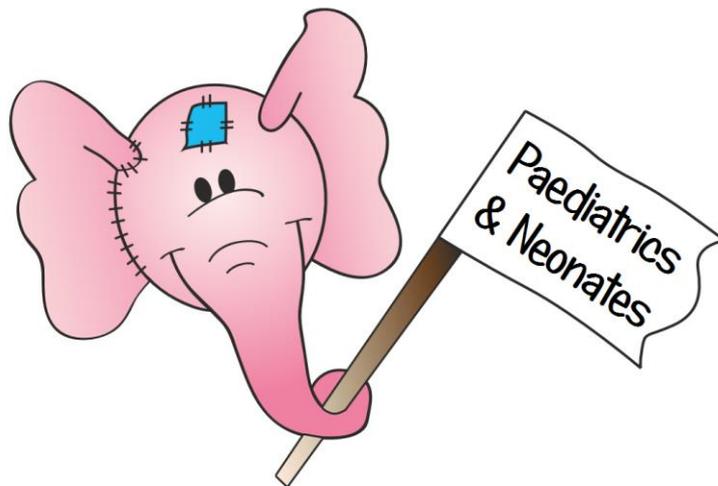


Using inhalers and spacers

Children's Ward

Parent/Carer Information Leaflet



Introduction

This leaflet is for patients and carers of children who need to use inhalers and spacers to deliver medicine to their child. It gives information on what these are, how to use them and how to clean them.

What is an inhaler?

Inhalers are used to deliver medicine to the lungs, for medical conditions such as asthma.

It is important to know how to use them as the medicine will not work properly if the inhalers are not used correctly.

There are lots of different types of inhaler. Your child will have been given one which is suitable for their condition and age.

What is a spacer?

A spacer is a plastic chamber which holds one dose of inhaled medicine for a few seconds, allowing the person to breathe the medicine in easily and correctly.

Spacers come in different sizes and can be used with or without facemasks.

Facemasks are useful for babies and very young children, or anyone who cannot hold the mouthpiece firmly between their lips and breathe in.

Using a spacer correctly helps to ensure that the medicine delivered from an inhaler reaches the parts of the lungs where it is needed.

How do I use an inhaler with a spacer?

To use an inhaler with a spacer correctly, follow these instructions:

1. Shake the inhaler really well
2. Remove the cap and fit the inhaler into the back of the spacer
3. Put the spacer mouthpiece into your child's mouth and ensure a good seal is made with their lips
4. Press the inhaler canister once to deliver one dose of medicine into the spacer
5. Ask your child to breathe **slowly**, into and out of the spacer, five times
6. If a second dose/puff is needed, shake the inhaler again and repeat as before

How do I clean the spacer?

- Wash the spacer once a month using a mild diluted detergent, such as washing-up liquid. Do not rinse it with water and air dry it overnight.
- Do not scrub the inside of the spacer as this affects the way it works.
- Leave it to air-dry as this helps to prevent the medicine sticking to the sides of the chamber and reduces the static.
- Wipe the mouthpiece clean of detergent before using it again.
- Do not worry if the spacer looks cloudy – that does not mean it is dirty.
- The spacer should be replaced at least every year, especially if used daily, but some may need to be replaced sooner.

Spacer devices should be replaced every six to 12 months.

Types of spacer devices

There are different types of spacer devices depending on the type of inhaler and age of your child. Some of the different spacer devices are shown below:

AeroChamber infant device
with mask (orange)

0 to 18 months



AeroChamber child device
with mask (yellow)

1 to 5 years



AeroChamber Plus (blue)

5+ years



Volumatic with face mask

0+ years



Volumatic without face mask

3+ years



Volumatic with face mask,
without mouthpiece

5+ years



If you have any questions or if there is anything you do not understand about this leaflet, please contact:

Children's ward on 01384 244271

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/paediatrics-and-neonatology/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔