

Using a spacer

If you use a metered dose inhaler (MDI), a spacer will help to get the right dose of medicine into your lungs. Your doctor can give you a spacer for free.

Remember not to share your spacer with anyone else, and ask for a new one every year.

Younger children will need your help to follow these steps.

Children under the age of four can use a mask with the spacer.

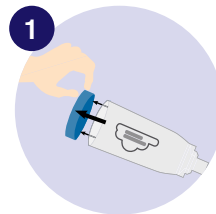
1. Hold the inhaler upright and give it a good shake.
2. Fit the inhaler into the opening at the end of the spacer.
3. Seal the lips firmly around the mouth piece – press the inhaler once only.
4. Take 6 slow breaths in and out through your mouth. Do not remove the spacer from your mouth between breaths.
5. Remove the spacer from your mouth. Repeat steps 1-4 for further doses.

- Younger children will need your help to follow these steps.
- Children under the age of four can use a mask with the spacer.



How to care for your spacer

1. Take the spacer apart (both the small and the larger spacer dismantle into 2 pieces).



2. Use warm water with a little dishwashing liquid and hand wash your spacer.



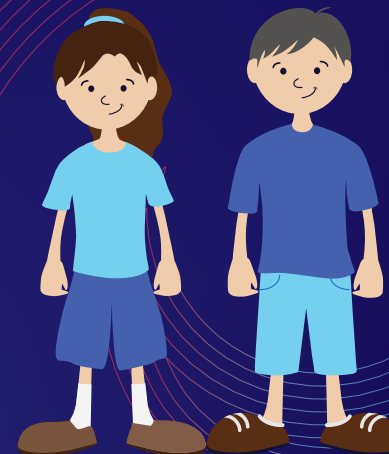
3. Do not rinse or wipe the spacer. Leave the pieces on the side to dry.



4. Put the spacer back together.



CHILD Asthma Action Plan



This Asthma Action Plan belongs to:

Name _____

Date
prepared _____

Doctor/
Nurse
signature _____

Plan to be reviewed when treatment changed

WELL



When I'm well:

- I have no cough
- I play just like other children
- I use my reliever puffer less than 2 times a week

My puffers are:

Preventer: I take this every day even when I'm well

The name of my preventer is

The colour is

I take puffs in the morning

and puffs at night through a spacer

Reliever: I take this only when I need it

The name of my reliever is

The colour is

I take puffs through a spacer when I wheeze, cough or when it's hard to breathe

If I find it hard to breathe when I exercise I should: take puffs of my reliever

WORSE



When my asthma is getting worse:

- I cough or wheeze and it's hard to breathe, or
- I'm waking at night because of my asthma, or
- I cough or wheeze when I play, or
- I need my reliever inhaler to control my asthma more than 2 times per week

If my asthma gets worse I should:

Keep taking my preventer every day as normal and take puffs of my reliever every 4 hours

If I'm not getting better doing this I should see my doctor today

Contact: _____

WORRIED



My asthma is a worry when:

- My reliever isn't helping, or
- I'm finding it hard to breathe, or
- I'm breathing hard and fast, or
- I'm sucking in around my ribs/throat, try looking under my shirt
- I'm looking pale or blue
- Sit me down and try to stay calm
- Give me 6 puffs of reliever through a spacer, taking 6 breaths for each puff
- **If I don't start to improve I need help now**

EMERGENCY

DIAL 111 and ask for an ambulance

WHILE YOU'RE WAITING:

- Try to stay calm and keep me sitting upright
- Give 6 puffs of reliever through a spacer every 6 minutes with 6 breaths for each puff until help arrives