



CHU Sainte-Justine
Le centre hospitalier
universitaire mère-enfant

Pour l'amour des enfants

Université 
de Montréal

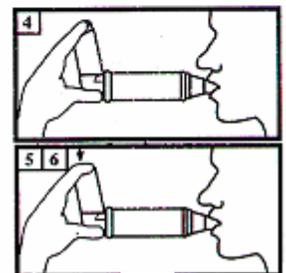
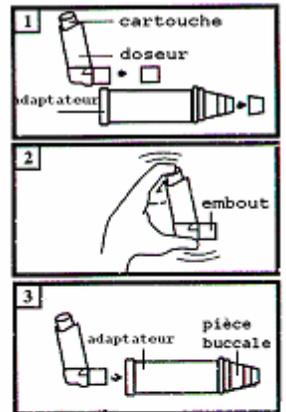
INSTRUCTIONS FOR ASTHMATIC CHILDREN OR ADOLESCENTS AND THEIR FAMILIES

INHALATION TECHNIQUE – METERED DOSE INHALER (MDI) AND SPACER WITH MOUTHPIECE

**N.B. Clean the spacer before using the first time
and after once a week (see maintenance)**

Position: Sitting or standing, head erect.

1. Make sure the canister is inserted properly into the metered dose inhaler (MDI or pump), remove the caps from the inhaler and the spacer.
2. Shake the MDI (pump) vigorously, for at least 10 seconds in between each inhalation.
3. Insert the MDI's open extremity, into the adapter located at the open end of the spacer.
4. Place the spacer's mouthpiece in the mouth and close the lips tightly around the tip.
5. Exhale into the spacer and at the same time, release the medication from the MDI by pressing **once firmly** on the canister. The medication will be vaporized into the spacer.
6. Inhale **slowly and deeply** through the mouth. Hold the breath for 10 seconds. If the child has difficulty with this technique, he or she can inhale and exhale 4 to 6 times into the spacer as **deeply and slowly as possible**. You should see the valve move, with every breath. If the spacer has a whistle, you shouldn't hear it.
7. Repeat steps 2 to 6 for each prescribed inhalation. **Wait 30 seconds** between each inhalation.
8. After use, withdraw the MDI from the spacer and replace the protective caps.
9. We recommend meticulous oral hygiene after inhaling a corticosteroid (ex.: Flovent, Advair). **Rinsing the mouth, drinking** or administrating the medication before **brushing the teeth** will reduce the risk of developing oral thrush (*Candida albicans*).



MAINTENANCE

10. Clean the spacer before using the first time and then once a week if used.
11. The spacer must be thoroughly dry before using.
12. Remove the adapter and the mouthpiece from the spacer. Soak for 15 minutes in lukewarm soapy water (dishwashing liquid and water). DO NOT rinse unless it's recommended by the manufacturer. Shake out excess water and place the parts flat on a clean surface to air-dry. Avoid touching the valve so it will not be damaged.

DISTINCTIVE FEATURES

- Using a spacer improves delivery of medication to the lungs at all ages and reduces side effects.
- Clean the MDI's open extremity regularly.
- To check if the MDI is empty, shake it near your ear. If you perceive no movement or hear no noise, it is almost empty. Throw it away.
- **Check the expiration date written on the canister (pump). Replace it if it has expired.**
- Do not expose the MDI to heat or cold. Do not place the canister in water, it could alter its proper functioning.
- Each child should have his own spacer.
- The spacer should be changed every 1-2 years or as recommended by the manufacturer.

FOR FURTHER INFORMATION

- Centre d'enseignement sur l'asthme (CEA) du CHU SAINTE-JUSTINE
(Asthma Education Center)
Tel.: (514) 345-4931, ext. 2775