



CHU Sainte-Justine  
Le centre hospitalier  
universitaire mère-enfant  
Pour l'amour des enfants

Université   
de Montréal

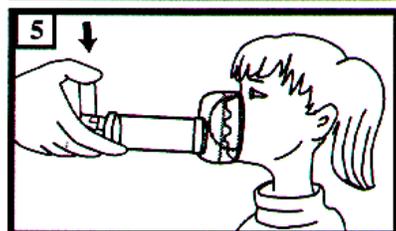
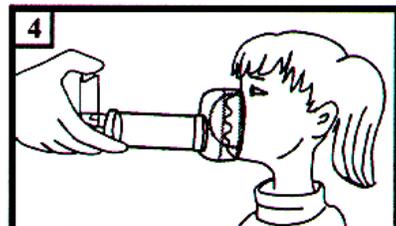
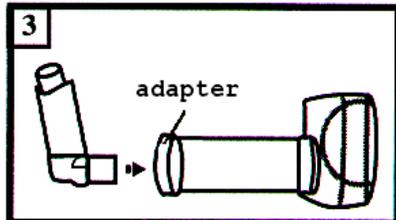
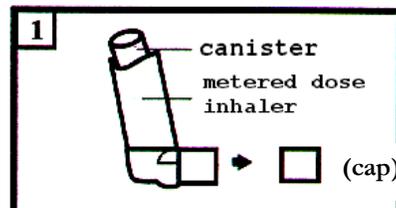
## INSTRUCTIONS FOR ASTHMATIC CHILDREN AND THEIR FAMILIES

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

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

**Position:** Sitting or standing, head erect. The child is awake.

1. Be sure that the canister is inserted properly into the metered dose inhaler (MDI) (pump), remove the cap from the inhaler.
2. Shake vigorously the MDI (pump), for at least 10 seconds in between each inhalation.
3. Insert the MDI's open extremity (pump), into the adapter located at the open end of the spacer.
4. Place the mask on the nose and mouth of the child so it will be **airtight**. **Do not apply too much pressure**.
5. Release the medication of the MDI (pump), by pressing **FIRMLY ONE TIME** on the canister. The medication will be vaporized into the spacer.
6. Hold the mask in place during 6 inhalations, and exhalations. Watch the valve located on the upper part of the mask, it should be moving during every breath.
7. Repeat steps 2 to 6 for each prescribed inhalation. **Wait 30 seconds** between each one.
8. After use, withdraw the MDI (pump), from the spacer and replace the protective cap.
9. We recommend meticulous oral hygiene after inhaling a corticosteroid (ex.: Flovent, Advair). **Rinsing out the mouth** or for a small child, having him **drink** will be just as beneficial. **Brushing the teeth** should be considered after inhaling these medicines. These measures cut down the risks 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 mask 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.
13. Avoid touching the valve located on the upper part of the mask. It has to be operational, it should be present and remain flexible and closed. If not you should get a new spacer.

## **DISTINCTIVE FEATURES**

- Using a spacer improves delivery of medication to the lungs at all ages and reduces side effects.
- Even if the child cries or coughs, he is nonetheless inhaling all the medication that is in the spacer, as long as the mask is airtight.
- Clean the MDI's open extremity (pump), regularly with a dry cloth.
- Keep in a dry place.
- To check if the canister is empty, shake it near your ear. If you perceive no movement or hear no noise in your ear, 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 (pump), and the canister 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 has 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