

# Family Education Sheet



Boston Children's Hospital  
Until every child is well™

## How to Use an Inhaler with a Spacer and Face Mask

A spacer is a holding chamber that attaches to an inhaler and helps to get more medicine into the lungs and less medicine in the mouth. Using a spacer with a face mask takes practice but we will teach you how to do it! **Follow the steps below.**

**First time using your inhaler? Haven't used your inhaler in awhile? You need to "prime" it!** Do this by squirting the inhaler 3 to 4 times in the air — away from your face — until you see the medicine come out.



1. Wash hands.



2. Take cap off inhaler.



3. Attach inhaler to spacer with face mask.



4. Shake inhaler and spacer to mix up medicine.



5. Stand up straight and breathe out slowly.



6. Put the face mask on so it forms a tight seal.



7. Press down on inhaler to put 1 puff of medicine in chamber.



8. Breathe in and out 5 to 6 times. Use your fingers to count breaths.

**NOTE: If your dose is more than one puff, shake inhaler and repeat steps 4-8.**



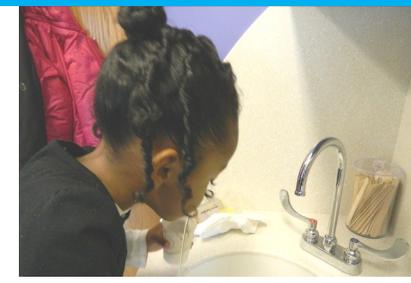
9. Remove inhaler from spacer.



10. Put cap on inhaler.



11. Rinse mouth with water.



12. Spit out water.