

How to Clean a Spacer

A spacer helps distribute asthma medication more evenly and deeper into the lungs. In this handout, you will learn how to clean a spacer.

1. Pull off the protective cap and the end cap. If your child uses a mask, remove the mask as well.



2. Rotate the mouthpiece to take it apart.



3. Gently swirl the chamber in warm, soapy water for 1 minute. Gently swirl the mask in warm, soapy water for 2 minutes.



4. Soak all parts of the spacer and mask in warm, soapy water for 10 minutes.



5. Rinse the spacer and mask in clean, warm, running water.



6. Shake off excess water. Air dry the spacer and mask on a clean cloth or paper towel.



7. To put the spacer back together, place the mouthpiece onto the chamber. Rotate the spacer to lock it in place.



8. Put the end cap back onto the chamber.



9. If using a mask, replace the mask back onto the mouthpiece.



Important things to know

- Wash the spacer at least once a week.
- Do not wash the spacer, mask or other parts in the dishwasher.
- To disinfect the spacer, mix 1 cup of vinegar and 4 cups of warm water for 15 minutes.

Rev. 5/2019. MassGeneral Hospital for Children and Massachusetts General Hospital do not endorse any of the brands listed on this handout. This handout is intended to provide health information so that you can be better informed. It is not a substitute for medical advice and should not be used to treatment of any medical conditions.

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