

How to Use an MDI with a Spacer and Mask

A metered dose inhaler (MDI) is a common treatment for asthma. A spacer is a hollow holding chamber that helps your child breathe in their asthma medication more easily. The mask also makes it easier to breathe in the asthma medication. In this handout, you will learn how to use an MDI with a spacer and a mask.

1. Remove the caps from the metered dose inhaler (MDI) and mouthpiece of the spacer's holding chamber.



2. Check the MDI, spacer and mask for loose parts or foreign objects.



3. Place the mask onto the end of the mouthpiece. Gently twist until the mask fits securely.



4. Shake the MDI for 5 seconds. If you have not used the MDI in 2 weeks or more, prime the MDI.



5. Insert the MDI securely into the spacer. The white tab on the spacer's holding chamber should be on top.



6. Have your child sit or stand up straight. Cover your child's mouth and nose with the mask. Create a tight seal around the edges of the mask against your child's face.



Steps 7-9 on the back! >>>

7. Press the MDI canister to release the medication into the holding chamber. Have your child take a slow, deep breath in. Do not block the valve on the spacer.



8. Repeat slow, deep breaths for 6-8 breaths with the mask on your child's face.



9. Repeat steps 4-8 for each additional puff. Wait 30 seconds to 1 minute between puffs.



How to prime an MDI

The MDI needs to be primed if:

- The MDI is new
- Your child has not used their MDI in 2 weeks or more
- When you clean the MDI

Here is how to prime the MDI:

1. Shake the MDI for 5 seconds.
2. With the MDI pointed away from you and others' faces, press down on the canister to release a puff of the medication.
3. Wait 30 seconds to 1 minute. Repeat steps 1 and 2 once more before use. The number of puffs depends on the type of MDI.

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