

How to Use a Metered Dose Inhaler (MDI) with a Spacer

Below are directions on how to use a metered dose inhaler (also called an MDI) with a spacer.

HOW TO USE AN MDI

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



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



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



4. Insert the MDI securely into the holding chamber. The white tab on the chamber should face upward.



5. Have your child stand or sit up straight and breathe out normally.



6. Have your child place their lips around the mouthpiece of the spacer. Create a tight seal with their lips around the mouthpiece. Do not cover the exhalation valve on the spacer.



Steps 7-10 on the back! >>>

7. Press the MDI canister once to release the medication into the holding chamber. Have your child take a slow, deep breath in. If you hear a whistling sound, have your child breathe in slower.



8. Remove the mouthpiece from your child's mouth. Have them hold their breath for 10 seconds.



9. Have your child breathe out normally.



10. Repeat steps 3-9 for each puff. Wait 30 seconds to 1 minute between puffs. Have your child rinse out their mouth after using the MDI.



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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