

Using Your MDI With a Spacer and Mask— Pediatric

Patient Education Guide

AMERICAN COLLEGE OF
CHEST
PHYSICIANS

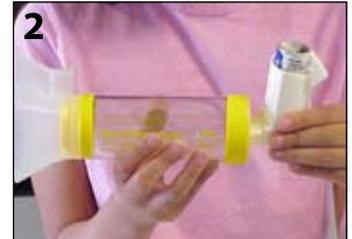
American College of Chest Physicians
3300 Dundee Road, Northbrook, IL 60062
(847) 498-1400 phone
(847) 498-5460 fax
www.chestnet.org



To make your child's breathing better, you **MUST** give your child the medicine as explained below. Following these instructions puts more of the medicine in your child's lungs. This will help open the air passages in your child's lungs and help him or her breathe easier and feel better. You need to ask your child's health-care provider or pharmacist how many puffs the metered-dose inhaler (MDI) has when it is full. You need to keep track of how many puffs of medicine your child takes every day, so you can have the MDI refilled before your child runs out of medicine. Before using the MDI, please read the separate sheet on priming or preparing your MDI. The MDI and spacer should be cleaned once a week. See instructions on cleaning your MDI.



1 Take cap off MDI. Check for and remove any dust, lint, or other objects. Shake MDI well.



2 Attach MDI to spacer.



3 Have the child sit up straight or stand. Place the mask over the child's nose and mouth. The mask should be held on the face firmly enough so none of the medicine can escape.



4 Press down on the MDI. This puts one puff of medicine in the spacer.



5 To breathe in that one puff of medicine, the child should **BREATHE IN AND OUT NORMALLY FOR SIX BREATHS**. Do not remove the mask until the sixth breath is complete.



6 Remove the mask from the child's face.



7 If your child needs to take another puff of medicine, wait 1 minute. After 1 minute repeat steps 3-6.



8 Have your child rinse his or her mouth out with water after the last puff of medicine. Make sure the child spits the water out. Do not allow the child to swallow the water. *Rinsing is only necessary if the medicine you just took was a corticosteroid, such as Flovent®, Beclovent®, Vanceril®, Aerobid®, or Azmacort®.* Recap the MDI.

The American College of Chest Physicians is the leading resource for the improvement of cardiopulmonary health and critical care worldwide. Its mission is to promote the prevention and treatment of diseases of the chest through leadership, education, research, and communication.

This publication's content contains general information, is not intended to be and is not complete, is not medical advice, and does not replace professional medical care and physician advice, which always should be sought for any specific condition. The American College of Chest Physicians and its officers, regents, executive committee, members, and employees specifically disclaim all responsibility for any liability, damages (actual or consequential), loss, or risk, personal or otherwise, based on any legal theory whatsoever, alleged to have been incurred as a result, directly or indirectly, of the use of any of the material herein.