

How to use a large volume spacer

- If using for the first time, wash the spacer in warm soapy water. Do not rinse, leave to air dry. This removes the static from the device and once dry is ready to use. This should be repeated monthly
- Shake the inhaler well and put it in the hole at the end of the spacer
- Help your child to put the mouthpiece into their mouth, encouraging them to make a seal with their teeth and lips.
- Push the top of the inhaler to release a dose of medication – a puff
- Encourage them to breathe in and out at a normal rate 4 to 5 times or for a count of 10, making the valve click
- Wait 30 seconds and repeat the above until the correct number of “puffs” have been given
- Encourage your child to have a drink or clean their teeth after using the spacer for inhaled steroids to help prevent the risk of side effects

