

# Using Your MDI With a Spacer and Mask— Pediatric

## Patient Education Guide

AMERICAN COLLEGE OF  
**CHEST**  
PHYSICIANS

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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.

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