

## Metered Dose Inhaler (MDI) with Spacer/Valved Holding Chamber and Mouthpiece

1. Remove caps from the spacer/valved holding chamber and metered dose inhaler (MDI)
2. Shake the inhaler for 3-5 seconds
3. Connect the inhaler to the spacer/valved holding chamber
4. Stand or sit up straight
5. Breathe out, insert mouthpiece between teeth and make a tight seal with your lips
6. Press down on the inhaler once to spray into the spacer/valved holding chamber
7. Breathe in deeply through your mouth for about 5 seconds
  - You should not hear a whistle
  - If you hear a whistle, you are breathing in **too fast**
8. Hold your breath for 10 seconds
9. Breathe out normally
10. Wait 1 minute and repeat steps 2-9 for each puff prescribed
11. Remove the inhaler from the spacer/valved holding chamber
12. Replace the cap on your inhaler when finished



If you are using an inhaled steroid, wash your face, and rinse your mouth or brush your teeth after each use

If the inhaler is new, has not been used in a while, or has been dropped, it needs to be primed

- Spray 2-4 times to prime
- This does not count as a dose of medication

**To watch a video on how to use the MDI, visit:** <http://www.childrenscolorado.org/MDI>

### Cleaning Instructions

- Clean spacer/valved holding chamber once a week
- Take apart the spacer/valved holding chamber
- Rinse in warm soapy water
- Rinse with clean water and air dry
- Do not put in the dishwasher
- Clean the small hole in the inhaler once a week with a wet Q-tip
- Replace the inhaler when the counter reaches 000
  - It may continue to spray, but no medicine is coming out

## Metered Dose Inhaler (MDI) with Spacer/valved Holding Chamber and Facemask

**Note:** The facemask and spacer should be used with patients **under the age of 7** or who cannot coordinate pressing down on the inhaler, making a tight seal around the mouthpiece, and/or inhaling and holding their breath for a count of 10 seconds.



1. Remove the caps from the spacer/valved holding chamber and inhaler
2. Shake the inhaler for 3-5 seconds
3. Connect the inhaler to the spacer/valved holding chamber
4. Attach the mask to the mouthpiece of the spacer/valved holding chamber
5. Have your child stand or sit up straight
6. Place the mask over your child's nose and mouth to make a tight seal
7. Have your child breathe out
8. Press down on the inhaler once to spray into the spacer/valved holding chamber
9. Have your child slowly breathe in and out **for a total of 10 breaths**
10. Wait 1 minute and repeat steps 2-9 for each puff prescribed
11. Remove the inhaler from the spacer/valved holding chamber
12. Replace the cap on the inhaler when finished

If your child used an inhaled steroid, have them wash their face, rinse their mouth or brush their teeth after each use

If the inhaler is new, has not been used in a while, or has been dropped, it needs to be primed

- Spray 2-4 times to prime
- This does not count as a dose of medication

### Cleaning Instructions

- Clean spacer/valved holding chamber once a week
- Remove the facemask mask and take apart the spacer/valved holding chamber
- Rinse in warm soapy water
- Rinse with clean water and air dry
- Do not put in the dishwasher
- Clean the small hole in the inhaler once a week with a wet Q-tip
- Replace the inhaler when the counter reaches 000
  - It may continue to spray but no medicine is coming out

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[childrenscolorado.org](http://childrenscolorado.org)

**Author: Asthma Education Standardization Committee | Approved by Patient Education Committee | Valid through 2024**

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