

Inhaler with a Spacer

3 years and older

Wash new spacers in warm, soapy water and leave to drip-dry.
Wash every month. Do not put in the dishwasher.

Do not wipe or dry with a towel



To Give the Inhaler:

1. **Shake** the inhaler well
2. Remove lid and fit the inhaler into the end of the spacer
3. Put the mouthpiece into your child's mouth. **Ensure a good seal with their lips**
4. Press the inhaler **once**
5. Your child needs to take **five slow, normal breaths** in and out through the mouthpiece. The valve will "click" with every breath.
6. If your child needs a second puff, press the inhaler again and take another five normal breaths
7. **If more than two puffs are required, shake the inhaler after every second puff.**

Rules to Remember:

- **Only press the inhaler once** at a time otherwise puffs stick together and coat the sides of the spacer so your child gets less medicine
- **Wash the spacer monthly in warm, soapy water and leave to drip-dry** to prevent the medication from sticking to the sides of the spacer
- Spacers used every day should be replaced every year
- **Always rinse your child's mouth or brush their teeth after using a preventer inhaler**

Further information

Children's Asthma Nurses Team
0208 725 3043

Monday-Friday 8am-6pm
outside of these times contact
NHS111



paediatricasthma@stgeorges.nhs.uk

www.asthma.org.uk/

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Salbutamol Weaning Regime After discharge

Day	Weekday	Puffs to Give	How Often
1		10	every 4 hours
2		8	every 4 hours
3		6	every 6 hours
4		4	every 6 hours
	continue	4	Every 6 hours until symptoms have fully settled then STOP

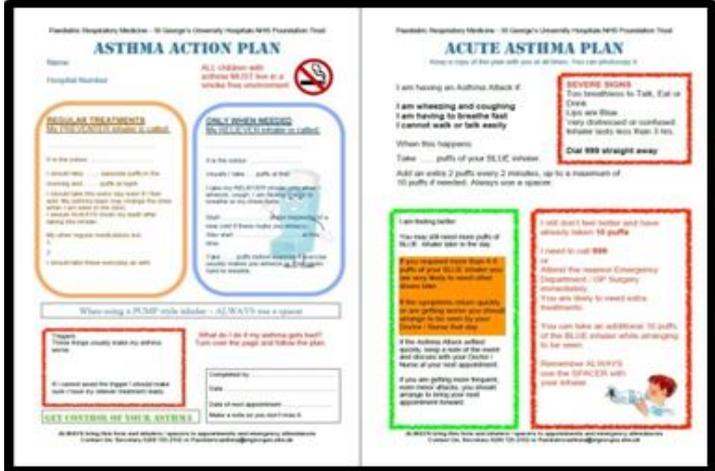
It is important to continue giving the inhalers overnight

If symptoms worsen, go back to the previous higher dose. Contact the Asthma Nurses or your GP. Out of hours, take your child back to A&E if symptoms do not get better again.

How to help your child take their inhaler:

- Show your child the inhaler and spacer and practice without pressing the inhaler
- Turn the spacer into a toy - let your child to play with it and decorate it with stickers
- Make giving puffs into a game; parent count the 5 “clicks” aloud and clap at the end
- Add the inhaler into your child’s routine, such as before brushing their teeth
- Praise your child when they do the inhaler technique correctly
- **Remember: correct technique is the best way to control your child’s asthma**

**Always follow your Asthma Action Plan
Take a photo and share it with friends and family**



Prednisolone and Antibiotics

If your child has been prescribed these medicines, follow the instructions on the box. Antibiotics do not work for illnesses caused by viruses

GP Review

Arrange a GP review 2 days after discharge to get your child’s chest checked

If symptoms worsen, go back to the previous higher dose.

Contact the Asthma Nurses or your GP.

Out of hours, take your child back to the Emergency Department if symptoms do not get better again.

