

Inhaler with a Spacer for Children over 3 years old

Giving the inhaler

1. Before using the new inhaler for the first time prime it by spraying one puff away from your child's face.
2. Shake the inhaler well before you use it.
3. Remove the lid and fit the inhaler into the end of the spacer.
4. Put the mouthpiece in your child's mouth and ensure a good seal.
5. Press the inhaler **once** and count five slow, normal breaths in and out (tidal breathing). You will hear a click with every breath (only if using Volumatic spacer). **Leave 30-60 seconds between puffs.**
6. If your child needs to take a second puff press the inhaler again and count another five slow, normal breaths in and out.
7. If more than two puffs are required, shake the inhaler after every second puff. Remove the inhaler from the spacer to shake it.

Useful tips

1. Only press the inhaler once at a time otherwise the puffs will all stick together and coat the sides of the spacer so you child will get less medicine.
2. Washing the spacer in warm, soapy water prevents the medication from sticking to the sides of the spacer.
3. Always rinse your child's mouth out after they have used the preventer inhaler.

Cleaning and caring for your spacer

1. The spacer should be washed before you use it for the first time in warm, soapy water and then left to drip-dry.
2. Wash the spacers every month. Do not put in the dishwasher. Do not wipe or dry with a towel.
3. The spacers should be replaced at least every 12 months.



Acute Management Plan after discharge

Day	Weekday	How many puffs to give	How often
1			Every 4 hours
2			Every 4 hours
3			Every 6 hours
4			Every 6 hours
	continue		Every 6 hours until symptoms have fully settled then STOP

It is important to continue giving the inhalers overnight

If the symptoms worsen, go back to the previous higher dose. Contact the asthma nursing team or your GP. Out of hours, take your child back to the emergency department if symptoms do not get better again.

Other medications:

If your child has been prescribed other medications such as antibiotics or Prednisolone, it is important to follow the instructions on the box. Antibiotics do not work on illnesses caused by viruses

GP review:

Remember to attend your GP appointment two days after discharge to get your child's symptoms assessed.

Your personal asthma action plan (PAAP):

Always follow your PAAP when you are at home to help manage your child's symptoms. It is useful to take a photo of it so you always have it with you.

Asthma nursing team contact details

Working hours: Monday to Friday

8am – 6pm

Weekends and Bank Holidays:

9am – 1pm

Telephone: 020 8725 3043

Email:

paediatricasthma@stgeorges.nhs.uk

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Reference: CAH_IWS3+_01

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