

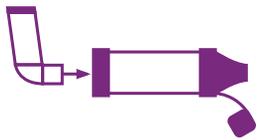


ASTHMA CARE

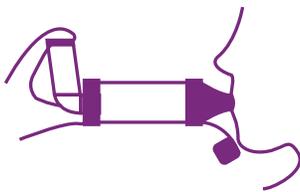
Spacers and MDI's

A metered dose inhaler (MDI) holds asthma medicine.

A **spacer** helps the medicine get from the metered dose inhaler (MDI) to your lungs.



- Medication from a MDI comes fast. Without a spacer most of the medicine gets on the tongue, in the back of the throat, even on the face. The medicine needs to get into the airways.



- The spray from a MDI contains large and small bits of medication. Without a spacer the large bits are too heavy to make it all the way down into the airways. They end up in the mouth and are washed into the stomach, rather than the airways.
- Research has shown that inhaled medicines are 14 times more likely to get into the small airways when using a spacer.

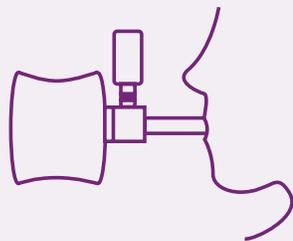
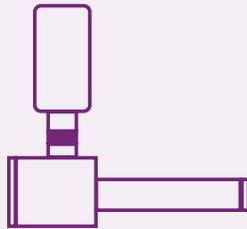
ALAMEDA
Alliance
FOR HEALTH

Health care you can count on.
Service you can trust.

Use the spacer correctly.

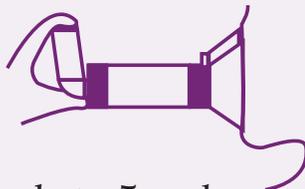
Older children and teens should:

1. Insert the inhaler into the spacer.
2. Shake the inhaler 8 to 10 times.
3. Breathe out.
4. Place the mouth piece of the holding chamber between your teeth and above your tongue and close your lips around it.
5. Press down on the inhaler (MDI) once.
6. Take a slow deep breath.
7. Hold your breath for 10 seconds after inhaling. For InspirEase hold for a count of 1-2-3. Then exhale.
8. Wait at least 1 minute before taking a second puff, if needed.



Younger children and babies should use a spacer. Follow these steps:

1. Follow steps 1 and 2 above.
2. Press down on the MDI once.
3. Place the mask over the child's nose and mouth.
4. Parent should count slowly to 5 and remove mask.
5. Wait at least 1 minute before a second puff, if needed.



Spacers should NEVER be shared and should be cleaned often. To clean a spacer:

1. Remove the MDI from the spacer.
Do not wash the MDI.
2. Wash the spacer with warm, soapy water and rinse.
3. Air dry the spacer.



You don't have to do this alone!

To find out more about asthma care call Alliance Health Programs at **510-747-4577**.

Toll-Free: 1-877-371-2222;
CRS/TTY: 711 or 1-800-735-2929;
8 a.m. to 5 p.m., Monday-Friday;

Alliance CompleteCare (HMO SNP) Members please call:

Toll-Free: 1-877-585-7526;
CRS/TTY: 711 or 1-800-735-2929
8 a.m. to 8 p.m. seven days a week.

www.alamedaalliance.org

www.alliancecompletecare.org

Permission is granted to use and duplicate these materials for non-profit educational use as long as no changes are made without permission from Alameda Alliance for Health.

ALAMEDA
Alliance
FOR HEALTH

Health care you can count on.
Service you can trust.