

# Using A Spacer Device

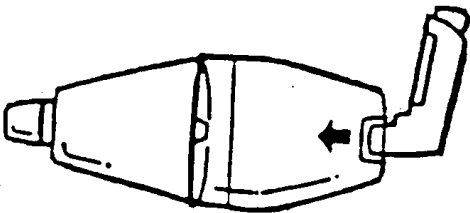
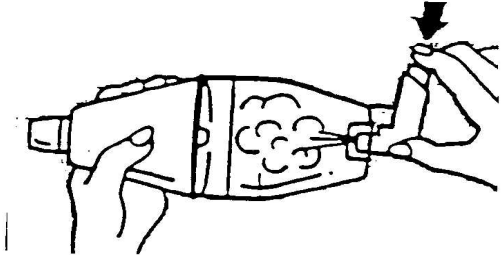
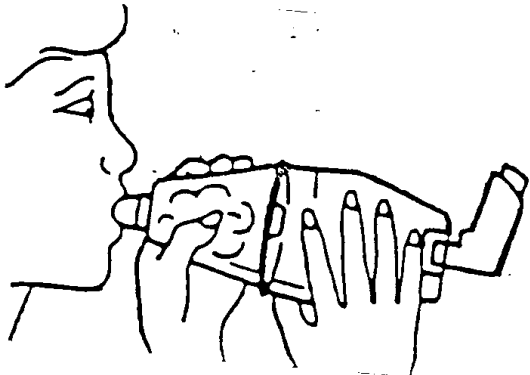
A spacer device is a plastic holding chamber that helps people with asthma use their puffers (metered dose inhalers) effectively. They come in two sizes – small volume and large volume. Spacers should be used by children of all ages who require a puffer.

## Recommended age of use

**Small Volume: All ages**

**Large Volume: 6 years and older**

***(For children under 4 years of age, refer to small volume spacer with mask attachment handout)***

<p>1. Remove cap and shake the puffer. Insert puffer into the spacer as shown.</p>	
<p>2. Place lips around the mouthpiece. Release one puff of medication into the spacer by pressing down on the top of the puffer.</p>	
<p>3. Breathe in and out normally through the mouth four times.</p> <p><b>If more than one puff is required, repeat steps 2-3.</b></p>	

\* These diagrams depict a large volume spacer being used

*Document adapted from Manly, Warringah and Pittwater School Asthma Program 1999.*