

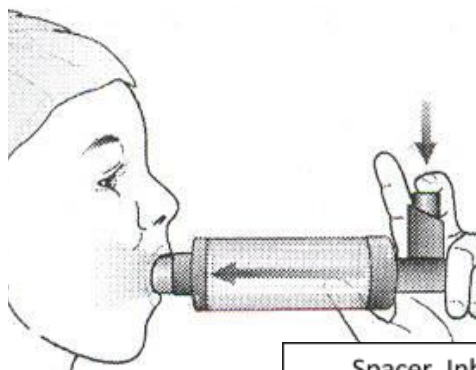


How to use your child's inhaler

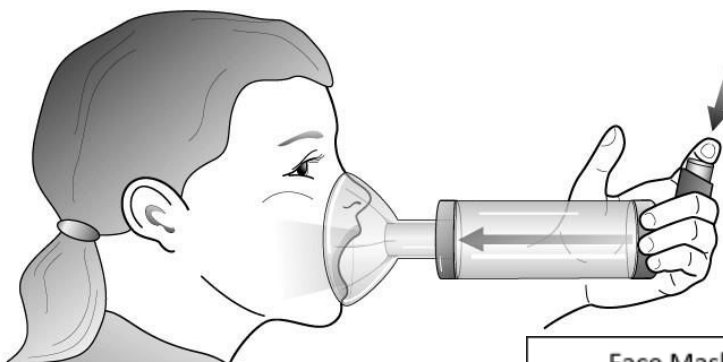
- 1) **"Prime"** inhaler if new or unused for more than 2-3 weeks.
How to prime: Take off cap. Shake for 5 seconds. Spray 3-4 times in air.
- 2) **Always use a SPACER** (and face mask if prescribed) to get the most medication per spray.
- 3) One hand holds inhaler and the other hand holds the spacer. Sit child on lap if needed.
- 4) Press down on inhaler and spray medication into spacer.
- 5) Breathe in deeply and slowly and hold breath for 5-10 seconds if possible.
- 6) Keep mouth over spacer and breathe in and out slowly **5 times** before the next puff.
- 7) Repeat steps 4-6 for the total number of puffs that your physician has prescribed.
- 8) If the inhaler is a steroid then your child needs to rinse their mouth after use.



Adult helping child



Spacer, Inhaler



Face Mask, Spacer, Inhaler

***Wash spacer in warm water and dishwashing soap every 1-2 weeks.

***Always bring your asthma medications to any asthma visit to double check that the medications you are taking are correct.

*** Patient handouts created by Kapa'a Pediatrics are intended to give parents the most common and pertinent facts about a certain issue. If there is ever any concern that your child was given an incorrect diagnosis or is not following the usual expected course for an illness please call us to speak with a physician. (808) 634-8011***