

How to use a large volume spacer device with face masks for infants eg Paediatric Volumatic/Nebuhaler

Aim of the leaflet

This leaflet is aimed at parents of children with asthma. This leaflet aims to tell you how to use a large volume spacer device with a face mask for infants.

How to use the device

1. Fit the two halves of the device together by lining up the notch and slot and pushing together.
2. Check the mouthpiece is clean inside and out and push the facemask firmly onto the mouthpiece.
3. Take the mouthpiece cover off the metered dose inhaler (spray or “puffer”) and make sure it is clean. If it is new or has not been used for a week or more, point the mouthpiece away from you and release one or two puffs into the air.
4. Shake the inhaler 4 or 5 times.
5. Fit the inhaler into the back of the spacer - opposite end to the mouthpiece.
6. Sit the baby or infant either in your arms or supported comfortably. Put the face mask over their nose and mouth and apply enough pressure only to make a comfortable seal, to prevent the medicine escaping. * Babies and infants are unlikely to be able to move the valve with their breathing so the Spacer device will need to be tilted at an angle (like a playground slide) to keep the valve open.
7. Press down on the canister in the inhaler to release one puff of medicine into the Spacer. Keep the mask and Spacer in position allowing baby to breathe in and out normally for at least 10 and if possible up to 20 seconds.
8. Remove the device from the baby's face. If more than one puff is required, please wait about 30 seconds before repeating steps 4 to 7.
9. If inhaled steroids have been given (usually brown, orange or purple inhaler) the face should be wiped (around the mask area) and baby/infant given a drink afterwards to help reduce the possibility of side effects (e.g. mainly thrush in babies and infants).

Additional information

If the valve sticks, wash the device and dry as instructed.

If it still sticks you need a new device.

A Volumatic/Nebuhaler will need replacing every 6 to 12 months.

Do not share your Volumatic with anyone else.



Care of the Paediatric Volumatic/Nebuhaler

A new face mask should be washed before it is used for the first time and then as necessary but at least twice a week.

The Volumatic/Nebuhaler is **NOT** dishwasher safe.

Wash the Volumatic/Nebuhaler before first use and then once a month.

Pull the two halves of the Volumatic apart.

DO NOT REMOVE THE VALVE.

Wash the two halves in warm water containing a mild detergent (e.g. washing up liquid).

You can use a soft brush/toothbrush to remove any film which appears on the valve or inside of the Volumatic/Nebuhaler.

Do not rinse. Leave the parts at room temperature to drain until completely dry. Wipe only the mouthpiece to remove detergent before use.

Do not rub inside the Volumatic/Nebuhaler with a cloth or polish as this may cause static electricity which can affect the medicine.

Do not put in a heated place to dry more quickly.

Check that the valve still moves after cleaning.

Store in its box or other protective covering to keep clean.

Useful tips

Spend some time playing and getting your child to use the Spacer device - space ships, trumpets, telephones or give it to dolly or teddy to make the device fun rather than frightening. Use stickers to decorate the spacer and make it more attractive. But do not leave a baby or child alone to play with the device - it is not a toy.

If your child objects to the Spacer - persevere they usually get used to the idea. If the child cries, they will still get the medication provided you continue to hold the mask over his/her face - as the breath which follows a cry is usually a good deep breath in - but of course it is better that they learn to accept it happily.

If all else fails preventer (usually brown) medications can be given when the infant is asleep. BUT if the infant is wheezy or coughing do not wait until he/she is asleep to give relief (blue) medication.

If you have any questions about any of the information contained in this leaflet please contact the Children's Clinic on 01205 445416.

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If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk