

Top tips when using an inhaler

Your child has been discharged with an inhaler.

You will have been given information, both verbal and written on how to administer the inhaler.

It is very important that you follow the plan.

Steps to follow when administering your child's inhaler:

1. To optimise the administration, ensure that your child is positioned correctly. If your child does not like taking their inhaler you may need someone else to help hold and soothe them
2. If your child is un-cooperative, try and give the doses when you have help
3. Administer the puffs individually into the chamber; do not do them all at once
4. Encourage your child to have a drink after they have had their inhaler as Salbutamol (medicine inside inhaler) can stick on your child's teeth and cause side effects such as oral thrush

Below are useful QR codes to scan for more advice or use the website provided.

How to get help and advice



How to use a spacer with a mask for a baby or child.
Source: <https://www.asthma.org.uk/>



Help your child use their inhaler.
Source: <https://www.asthma.org.uk/>



How to help your child use an inhaler.
Source: Great Ormond Children's Hospital

Production date: September 2022

Review date: September 2025

JR850 v1