

Discarded Infant Feeding Bottle as Spacer

Discarded infant feeding bottles serve as good spacers for children above two and half years of age for inhaling aerosols from metered dose inhalers.

Take a discarded infant feeding bottle. Ampute the nipple through and through, 1 centimeter from its tip. This widens its lumen and facilitates easy inhalation. With a hot knife carve out a hole in the base of the bottle to accommodate the metered dose inhaler. Now this bottle can be used as a spacer. The metered dose inhaler is fixed in the hole cut in the base (*Fig.*). The child holds the nipple in the mouth. The

drug is released into the bottle and the child is asked to inhale the air with the aerosol very well.

In our practice, 10 children below the age of 5 years are successfully using this spacer for the last one year. Their suffering and visits to the clinic have reduced a great deal and they never needed hospitalization. The smallest child successfully using this inexpensive spacer is two and half years.

People not having an infant feeding bottle can buy a nipple for a rupee. It fits well on the mouth of any plastic mineral water bottle.

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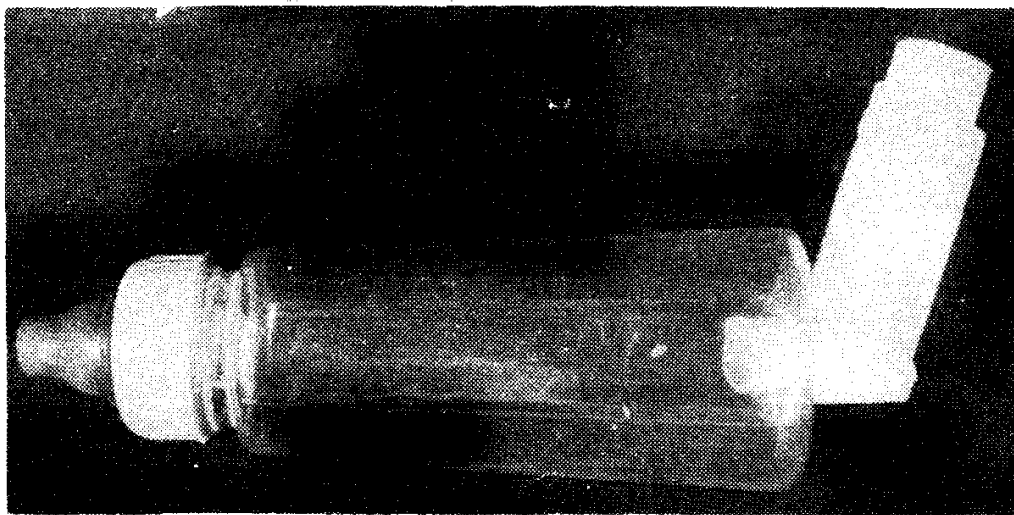


Fig. Photograph of the discarded feeding bottle being used as a spacer.