

Using a Spacer With Your Inhaler

A spacer is a hollow tube that attaches to your metered-dose inhaler. It slows down the delivery of your inhaled asthma medicine by “holding” it in the tube until you are able to breathe it in. A spacer can make it easier for some people to take their inhaler medicine correctly.

Spacers can help children *and* adults get the most from their inhaled asthma medicine. Your healthcare provider will tell you if you should use a spacer. Spacers should not be used with dry-powder inhalers.

- You need a prescription from your provider to get a spacer from your pharmacy
- Spacers come in different sizes and shapes. Your provider can tell you which spacer is best for you. Ask your provider to show you exactly how to use your spacer
- These pictures show some of the different types of spacers



Keep your spacer clean

Medicine can build up inside the spacer. Cleaning your spacer often will help to make sure it works correctly.

To clean your spacer, follow the instructions that come with it. Talk with your provider or ask at your pharmacy if you have questions. Ask about when and exactly how to clean your spacer.

If you use a spacer, show your provider how you use it with your inhaler. This will help you know if you are using them correctly.



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