

Spacers

Unless you use your inhaler the right way, much of the medicine may end up on your tongue, on the back of your throat, or in the air. Use of a spacer or holding chamber can help this problem.

A spacer or holding chamber is a device that attaches to a metered dose inhaler. It holds the medicine in its chamber long enough for you to inhale it in one or two slow deep breaths. The spacer makes it easy for you to use the medicines the right way (especially if your child is young or you have a hard time using just an inhaler). It helps you not cough when using an inhaler. A spacer will also help prevent you from getting a yeast infection in your mouth (thrush) when taking inhaled steroid medicines.

There are many models of spacers or holding chambers that you can purchase through your pharmacist or a medical supply company. Ask your doctor about the different models.

How To Use a Spacer

1. Attach the inhaler to the spacer or holding chamber as explained by your doctor or by using the directions that come with the product
2. Shake well
3. Press the button on the inhaler. This will put one puff of the medicine in the holding chamber.
4. Place the mouthpiece of the spacer in your mouth and inhale slowly. (A facemask may be helpful for a young child.)
5. Hold your breath for a few seconds and then exhale. Repeat steps 4 and 5 *two* more times.
6. If your doctor has prescribed two puffs, wait between puffs for the amount of time he or she has directed and repeat steps 2-5.