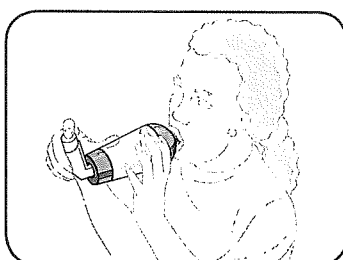
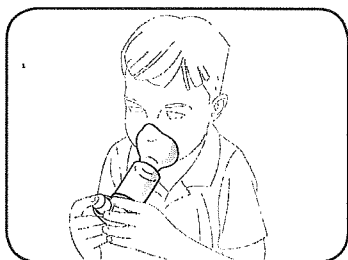


What Is a Spacer?

A spacer is a hollow tube that attaches to your metered-dose inhaler. It slows down delivery of your inhaled lung 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 should not be used with dry-powder inhalers.

Questions	Answers
“How do I know if I need a spacer?”	<ul style="list-style-type: none"> Your healthcare provider will tell you if you should use one. Spacers can be used by adults and children.
“Where do I get a spacer?”	<ul style="list-style-type: none"> Your provider will give you a prescription for a spacer if you should use one. You can get your spacer at a pharmacy.
“What kind of spacer should I get?”	<ul style="list-style-type: none"> Spacers come in different sizes and shapes. Your provider can tell you which spacer is best for you.
“How do I use a spacer?”	<ul style="list-style-type: none"> Your provider can show you exactly how to use your spacer.
“How do I take care of my spacer?”	<ul style="list-style-type: none"> Medicine can build up inside a spacer. Cleaning your spacer often will help make sure it works correctly. To clean your spacer, follow the instructions that come with it. Ask your provider or pharmacist if you have questions about when and how to clean your spacer. Air-dry your spacer between uses.

The pictures below show some of the different types of spacer



Use the space below to write down any notes from your provider about using a spacer:

If you use a spacer, ask your healthcare provider to show you how to use it with your inhaler. Then show your provider how you use it with your inhaler. This way you will know if you are using them correctly.