



## Spacers

Spacers are holding chambers attached to the mouthpiece of an inhaler. They collect the mist of medication so that you can inhale when you are ready. Spacers allow you to breathe the medication in at a slower, more even rate. Many types of spacers are available.

1. Remove the plastic cap on your metered dose inhaler (MDI).
2. Remove the plastic cap on your spacer.
3. Insert the plastic mouthpiece of the MDI into the back of the spacer.
4. Hold the MDI and spacer and shake well.
5. If using spacer with mask, gently cover the mouth and nose with mask, making sure to have a complete seal.
6. Press down on the inhaler. This will allow one puff of medication into the spacer.
7. Inhale (breathe in) 5 - 6 breaths. If using spacer with mask, hold mask over nose and mouth.
8. Repeat steps 5 - 7 as instructed by your Asthma & Allergy Center doctor.\*

\* If using a bronchodilation medication and requiring more than one puff, wait about one minute in between puffs of medication.

When using inhaled steroids, follow steps 1 - 8. After completing the dose of inhaled steroid, it is important to rinse out the mouth with water and spit the contents out. (DO NOT SWALLOW THE WATER!!!) Using a spacer (aerochamber) and rinsing out your mouth with water will help prevent you from getting a yeast infection in your throat.

To clean spacer: Rinse with warm water. Dry with a soft, lint-free cloth or paper towel. Shake excess water from the spacer and let air dry.