Spacers are tube-like holding chambers that attach to a metered-dose inhaler and help treat asthma. Kids with asthma should always use a spacer with a metered-dose inhaler. By attaching a spacer to your inhaler, you can:

- Make it easier for medication to reach the lungs.
- Take your medicine more easily when you are having problems with your asthma.
- Avoid problems with pressing the inhaler pump and breathing at the same time.
- Take long, deep breaths to avoid breathing in the medicine too fast.

Not all inhaled medications for asthma require a spacer, but a typical pressurized metered-dose inhaler does. If you don’t use a spacer with your inhaler, only about one-third of the medicine will make it all the way to the lungs where it is needed—the rest will get caught in the back of the mouth and throat.

Visit choa.org/asthma to learn more.