



**Children's**<sup>SM</sup>  
Healthcare of Atlanta

# The scoop on

# SPACERS

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](http://choa.org/asthma) to learn more.