

How to Use an Inhaler With A Spacer

Doron Schneider, MD

For patients with lung problems such as asthma or COPD, an inhaler can be a lifesaving medication. While there are many different kinds of inhalers, your doctor will prescribe the right one to help you keep your breathing in check. Let's watch as a healthcare professional shows a patient how to correctly use an inhaler.

Deborah

Ed, how have you been doing?

Ed

Been fine. She's about to work me to death, but other than that I'm doing good.

Deborah

Have you been having to use a lot of your rescue medication?

Ed

I use it approximately two times a day.

Deborah

Do you?

Ed

Yes.

Deborah

Okay. Did you bring it with you today?

Ed

I sure did. Helen packed it for me.

Deborah

Well good. It's always good to have her with you.

Ed

Oh she's a sweetheart.

Deborah

Have you ever used a spacer before?

Ed

No I haven't Deborah, what is it?

Deborah

This is called a spacer. It allows you to put your medication into here, and breathe the medication through here. It allows the medication to go into your lungs rather than just into your mouth at the back of the throat. Ed, let me see your rescue medicine. All you do is shake, place it in the end of the spacer, put this end into your mouth, and as you take a great big deep breath in, you press down on the canister.

Helen

What is the world is that whistle?

Deborah

I breathed in too fast.

Helen

Oh.

Deborah

The correct way to do it is...

Helen

After he takes his first puff, how long does he have to wait before he can take another?

Deborah

About thirty seconds to a minute.

Ed

Okay, you shake your rescue medication, insert it into the spacer, put the spacer into your mouth, you press and take a deep breath, hold for eight to ten seconds, and repeat in thirty seconds to a minute, if needed.

Deborah

Ed, that was perfect. Now you see why it's so important to use that spacer when you're taking your rescue medicine.

Ed

I think that spacer is going to really help.

Helen

And since you know how to use it, I know you will feel better.

Doron Schneider, MD

Knowing the right way to use your inhaler will help you to get the most out of this important medication. If you have any questions about how to correctly use your inhaler, talk to your doctor or pharmacist.

I'm Doctor Doron Schneider and this has been another tip to help you live a healthier life.