

# Spacer Patient Information Leaflet (SPIL)

## All about spacers

### What is a spacer?

- A spacer is a clear, plastic tube that holds your inhaled medicine, so you can breathe it into your lungs without having to coordinate your breath with activating your pressurised metered-dose inhaler (pMDI)<sup>1,2</sup>
- This makes your pMDI, sometimes known as a puffer inhaler, easier to use and supports you in having good control of your lung condition<sup>1,3</sup>



If you have any questions about your lung condition, your pMDI or puffer inhaler or using a spacer, please speak to your pharmacist, nurse or doctor

### How does it work?

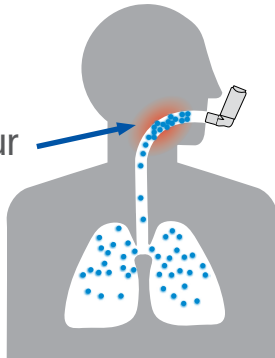
- A spacer has a mouthpiece or a mask on one end and a hole where your pMDI or puffer inhaler attaches at the other end<sup>1,4</sup>
- When you press your pMDI or puffer inhaler, your medicine collects inside the spacer<sup>1</sup>
- Most spacers have a valve that opens when you breathe in and closes when you breathe out<sup>4</sup>

### How could a spacer help my lung condition?

- Using a spacer with your pMDI or puffer inhaler can make it easier to get more of your medicine to your lungs where it's needed, compared with just using your inhaler<sup>1,3,5</sup>
- It may also reduce the risk of side effects from your medicine (e.g. hoarseness and oral thrush)<sup>1,4,5</sup>

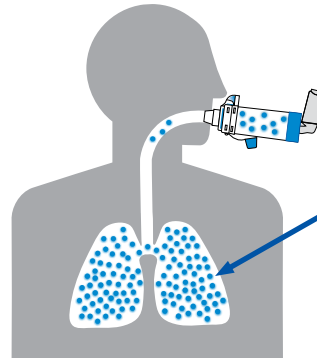
## What happens when you use your pMDI or puffer inhaler without a spacer?

Your medicine builds up in your mouth and throat, which could cause side effects<sup>1,5</sup>



## What happens when you use your pMDI or puffer inhaler with a spacer?

The spacer helps your medicine to reach your lungs, where it's needed<sup>1,5</sup>



## Which spacer should I use?

- There are different types of spacers and your pharmacist can help you to select one that works for you and the pMDI or puffer inhaler you are using<sup>3,4</sup>

## Learn more about spacers at Asthma UK:

<https://www.asthma.org.uk/advice/inhalers-medicines-treatments/inhalers-and-spacers/spacers/>

**1.** Asthma UK. Spacers. Available from: <https://www.asthma.org.uk/advice/inhalers-medicines-treatments/inhalers-and-spacers/spacers/>. Last accessed March 2021. **2.** Health Awareness. More use of spacers could improve outcomes. Linda Whitney. November 24 2020. Available from: <https://www.healthawareness.co.uk/respiratory/more-use-of-spacers-could-improve-outcomes/>. Last accessed March 2021. **3.** NICE. Patient Decision Aid: Inhalers for Asthma. Available from: <https://www.nice.org.uk/guidance/ng80/resources/inhalers-for-asthma-patient-decision-aid-pdf-6727144573>. Last accessed March 2021. **4.** Patient. Asthma Inhalers. Available from: <https://patient.info/chest-lungs/asthma-leaflet/asthma-inhalers>. Last accessed March 2021. **5.** Lavorini F, *et al.* Targeting drugs to the airways: The role of spacer devices. *Expert Opin Drug Delivery* 2009;6(1):91–102.

Developed by Temple Consultancy Ltd.,  
funded by sponsorship from Trudell Medical UK Ltd.

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