



**Asthma**  
Australia

# Spacers

## Why use a spacer with my puffer?

- It is easier for many people to use.
- More medication is inhaled into the lungs.
- Fewer side effects from the medication.
- For children, it is important to always use a spacer with reliever and preventer puffers.
- For adults and adolescents, it is recommended to always use a spacer with preventer puffers. A reliever puffer can be used with or without a spacer. If you use your reliever puffer without a spacer, ask your doctor to check that you are using your puffer correctly.

## Which spacer should I use?

- Small spacers are useful for children – and can be used by everyone (including adults).
- Most children under 4 years will need a mask with their spacer.
- Choosing a spacer depends on medication type, your personal preference, budget and advice from your doctor, pharmacist or local Asthma Foundation.





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**Register today for Asthma Assist  
and receive a free control pack.  
Asthma Assist will provide:**

- Education
- Information
- Support

**Contact your local Asthma Foundation  
1800 ASTHMA Helpline (1800 278 462)  
[asthmaaustralia.org.au/asthmaassist](http://asthmaaustralia.org.au/asthmaassist)**



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All Asthma Australia information is endorsed by our Medical and Scientific Advisory Committee and is consistent with the Australian Asthma Handbook.

Asthma Australia information does not replace professional medical advice. People should ask their doctor any questions about diagnosis and treatment.

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