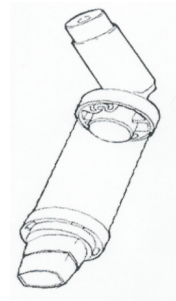


How to Use the Aerochamber®



Using the Aerochamber® without Help

- 1) Remove cap.
- 2) Shake inhaler and insert in back of Aerochamber®
- 3) Place mouthpiece in mouth (or mask over mouth and nose).
- 4) Press the canister once to release a dose of the drug
- 5) Take a deep, slow breath in. (If you hear a whistling sound, you are breathing in too quickly.*)
- 6) Hold breath for about ten seconds, then breathe out through the mouthpiece.
- 7) Breathe in again but do not press canister.
- 8) Remove mouthpiece from mouth and breathe out.
- 9) Wait a few seconds before a second dose is taken, and repeat steps 2-8.

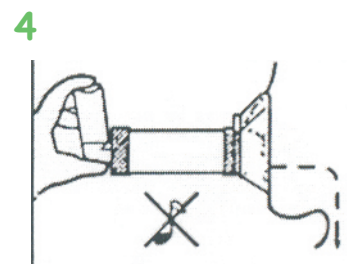
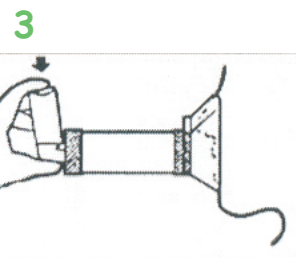
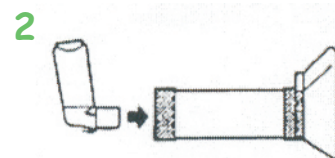
Using the Aerochamber® with Help

- 1) Remove cap.
- 2) Shake inhaler and insert in back of Aerochamber®.
- 3) Place mouthpiece in mouth (or mask over mouth and nose).
- 4) Encourage person to breathe in and out slowly and gently. (If you hear a whistling sound, the person is breathing in too quickly.*)
- 5) Once breathing pattern is well established, depress canister with free hand and leave canister in same position as person continues to breathe in and out slowly (tidal breathing) five more times.
- 7) For a second dose, wait a few seconds and repeat steps 2-6.

*The child Aerochamber® device with mask and the infant Aerochamber® device with mask do not whistle.

Using the Aerochamber® with a Mask

- 1) Remove the cap and shake the MDI.
- 2) Insert the mouthpiece of the MDI into the opening at the end of the Aerochamber®.
- 3) Apply the mask to face so there are no leaks between face and mask. The valve should open with breathing.
- 4) Depress the canister to allow medication to enter the Aerochamber®. Breathe normally into the device 5-6 times (for children over 18 months) or 8-10 times (for children under 18 months), so that the medication can be inhaled. OR, encourage a slow deep breath and exhale. (Usually, a breath hold is not possible for young children.)



Care of an Aerochamber®

- 1) Clean the Aerochamber® about once a week. Immerse the Aerochamber® in warm water and agitate.
- 2) Shake off excess water and leave to dry overnight.

This information is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional.