



## *Information for You from Your Health Care Team*

### **Using an Aerochamber®**

A holding chamber or “spacer”, such as an Aerochamber® helps your child use a metered dose inhaler (MDI).

#### **The Aerochamber®:**

- Is easy to hold in the correct way.
- Helps your child to inhale medicine without timing a puff of medicine with breathing in.
- Helps more medicine get into lungs where it can work.
- Decreases the bad taste of some inhaled medicines.

#### **How to use your Aerochamber®:**

1. Remove the cap from the end of the inhaler. Remove the cap from the end of the Aerochamber®.
2. Insert the inhaler mouthpiece into the round opening in the rubber ring at the end of the Aerochamber®.
3. Holding the Aerochamber® and inhaler tightly, shake it 3 or 4 times.
4. Close your lips and teeth around the mouthpiece.
5. Spray one puff of medicine into the Aerochamber®.
6. Breathe in slowly through your mouth over 3-5 seconds. Breathing in too fast will make a whistling sound. This means you must **SLOW DOWN** as you breathe in.
7. Hold your breath for 10 seconds, then breathe out slowly.
8. Repeat steps 3-7 for each puff of medicine your doctor prescribes. **REMEMBER TO WAIT AT LEAST ONE MINUTE BETWEEN PUFFS AND TO SHAKE YOUR INHALER AGAIN BEFORE TAKING THE NEXT PUFF.**
9. After taking your medicine, remove the inhaler from the back of the Aerochamber®. Replace the caps on both your inhaler and the Aerochamber®.



#### **Things to Remember:**

- Shake your inhaler before using it.
- Keep your Aerochamber® clean - follow the directions inside the package.
- Replace your Aerochamber® if the round, rubber end no longer holds the inhaler tightly.

Speak up if you have any questions or concerns