

## How to use the AeroChamber®

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A metered-dose inhaler is a piece of equipment that enables a child to breathe or inhale a fixed dose of his/her medication. When your child uses a metered-dose inhaler, the medication works quickly goes directly to his/her lungs. The AeroChamber® is a holding device which helps to deliver medication in young children (usually 5 years of age or older) who cannot coordinate their breathing well enough to use a metered dose inhaler (MDI) alone.

### Instructions

1. Remove the cap of the MDI by removing the cap and place it upright in the rubber opening of the AeroChamber®
2. Shake the AeroChamber® and metered-dose inhaler at least 4 times.
3. Ask your child to breathe out as much as possible, emptying his/her lungs
4. Have your child put his/her mouth and nose around the mouthpiece of the aerochamber®
5. Spray 1 puff from the metered-dose inhaler into the AeroChamber® The medication will then be trapped in the spacer.
6. Have your child breathe one breath in slowly and deeply ( If you hear a whistle, then have your child breathe in slower.) and then have the youngster hold his or her breath for 5 to 10 seconds. If he/she is unable to do so, ask your child to breathe in and out deeply and slowly for 3 to 4 breaths instead.
7. Take the mouthpiece out of your child's mouth and have your child gently breathe out through pursed lips (similar to blowing out a candle).
8. If your child requires more than one puff of medication, wait at least 30 seconds, then repeat steps 1 to 5. Remember to shake the canister well before giving another puff. Do not spray more than one puff at a time into the AeroChamber®

### Hints:

- If your child is using inhaled steroids, have your child rinse his/her mouth with water after each use. This will reduce the risk of developing a yeast infection in the mouth or throat.
- The AeroChamber® should be replaced when the small gray rubber flap valve is cracked, hard, or gets permanently curled, or if the rubber opening of the AeroChamber® becomes cracked or torn.
- Powder collects around the flap and in the Aerochamber after repeated use. Therefore, parents should clean their youngster's Aerochamber once a week. Remove rubber ring (inhaler adapter) and mouthpiece cap, soak all parts in a bowl of warm water with a mild detergent for approximately 10

minutes, then shake in water to loosen medication residue. Shake off excess water and leave to dry if possible overnight. Try to ensure the Aerochamber is completely dry before reassembling.

- To check the level of medication remaining in your MDI, remove the metal canister from the plastic holder and place it in clean water. If the canister sinks to the bottom of the water it is still full. If it sinks part way, there is still medication in it. If it floats on its side, it is almost empty.