

USING AN AEROCHAMBER[®] WITH MASK

A holding chamber or "spacer", such as an Aerochamber[®] with Mask, helps your child use a metered dose inhaler (MDI).

Metered Dose Inhalers are used with an Aerochamber[®] with mask to get medicine directly into the lungs where it is needed. This allows the medicine to work quicker than the same type of medicine taken by liquid or pill form. Because this medicine goes right into the lungs, a smaller dose of medicine is used and will result in fewer side effects. When used correctly, an inhaler with an Aerochamber[®] with mask can give as good a "treatment" as using a nebulizer machine.

THE AEROCHAMBER[®] WITH MASK:

- Makes a metered dose inhaler easy to use.
- Allows your child to inhale medicine without timing a puff of medicine with breathing in.
- Helps more medicine get into the lungs where it can work.
- Decreases the side effects of some inhaled medicines.

HOW TO USE YOUR AEROCHAMBER[®] WITH MASK:

1. Remove the cap from the end of the metered dose inhaler.
2. Insert the inhaler mouthpiece into the round opening in the rubber ring at the end of the Aerochamber[®] with Mask.
3. Holding the Aerochamber[®] with Mask and inhaler tightly, shake it 3 or 4 times.
4. Place the soft mask gently on your child's face so that both the mouth and nose are covered. Make sure you have formed a good seal, as any leaks will decrease the amount of medicine your child will get. The thin bubble on the mask will go in and out as your child breathes if there is no leak.
5. Spray **one** puff of medicine into the Aerochamber[®] with Mask.
6. Hold the mask firmly to your child's face as he or she breathes in at least six times.
7. Repeat steps 3 to 6 for each puff of medicine your child's doctor prescribes. **Remember to wait at least one minute between puffs and to shake your inhaler again before taking the next puff.**
8. When you are done giving your child this medicine, remove the inhaler from the back of the Aerochamber[®]. Replace the cap back on the inhaler.

THINGS TO REMEMBER:

- Always remember to shake the inhaler **before** using it.
- Replace the Aerochamber[®] with Mask if cracks occur in the rubber on the facemask, or if the round, rubber end no longer holds the inhaler tightly.
- Clean the Aerochamber[®] with Mask at least once a week.
 - Remove the rubber ring from Aerochamber[®]. **Do not** remove facemask.
 - Soak the Aerochamber[®] and ring in basin of warm, soapy water. **Do not** scrub with cloths.
 - Rinse in basin of warm water. Use gentle motion.
 - Lightly shake Aerochamber[®] to remove excess water droplets. Allow to air dry.

TIPS:

When you are not sure how much medicine you have left, place the canister in large bowl of water and see how well it floats. (See picture below)

