

## **USING A METERED DOSE INHALER WITH A HOLDING CHAMBER WITH MASK**

A holding chamber with mask is recommended for children up to five or six years of age. Follow the technique below to maximize the benefit of the MDI (Metered Dose Inhaler).

1. Shake the MDI for 5 seconds.
2. Take the cap off. Prime (press down and spray) the inhaler 4 times if using for the first time or 2 times if two or more weeks have elapsed since the last dose.
3. Ensure the mask is securely attached to the chamber. Place the mouthpiece of the inhaler into the open end of the chamber.
4. Secure the mask over the child's mouth and nose.
5. Spray 1 puff of the inhaler into the chamber.
6. Have the child breathe in and out for 4-6 breaths, keeping the mask securely over the mouth and nose.
7. Remove the mask from the child's face.
8. Wait 1 minute.
9. Repeat steps 3-8 with second puff (or as directed by your child's doctor).