

USING A METERED DOSE INHALER WITH A HOLDING CHAMBER WITH MOUTHPIECE

A holding chamber with mouthpiece is recommended for children six and up and adults as prescribed by their doctor. 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 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. Place the mouthpiece of the MDI into the open end of the chamber.
4. Place the mouthpiece of the chamber into the mouth.
5. Take a full breath in and then exhale completely.
6. Spray 1 puff of the inhaler into the chamber.
7. Take a long deep inhalation through the mouthpiece, filling lungs completely.
8. Hold the breath for 10 seconds and then exhale. Remove the mouthpiece from the mouth.
9. Wait 1 minute.
10. Repeat steps 4-9 with second puff (or as directed by your doctor).