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## Using an AeroChamber<sup>®</sup> with an Aerosol Inhaler

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The AeroChamber is a device that attaches to a pressurized aerosol inhaler. The AeroChamber holds the medication while you breathe it into your lungs. **Shake the inhaler well before each use.**

**Then follow these steps:**

1. Take the plastic cap off the inhaler mouthpiece.



2. Shake the inhaler well.



3. Take the plastic cap off the AeroChamber.



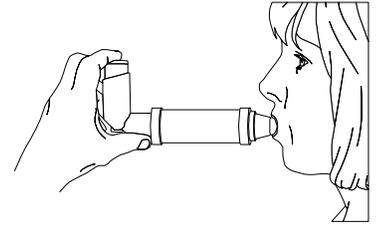
4. Put the mouthpiece of the inhaler into the back of the AeroChamber.



5. Put the mouthpiece of the AeroChamber into your mouth and close your lips around the mouthpiece.

**Turn over →**

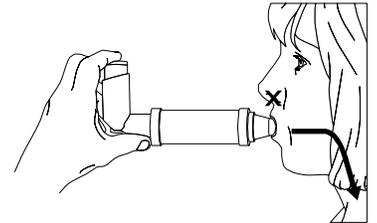
6. Press down on the inhaler canister to spray medication into the AeroChamber. Take in a slow, deep breath over 3 to 5 seconds.



- ✘ Do not spray more than 1 puff at a time. Remove the AeroChamber from your mouth and hold your breath for as long as you are comfortable.

**If you have trouble holding your breath:**

- Put your mouth tight on the mouthpiece of the AeroChamber.
- Push the inhaler once, while you breathe in and out slowly 4 to 6 times with your mouth on the mouthpiece.



**When you breathe in too fast, you will hear a whistle sound. This is an alarm to tell you to slow down when you are breathing in.**

7. For each puff of medication, follow the same steps. Wait 30 seconds between puffs. Shake the inhaler each time.

**Cleaning the AeroChamber:**

**How often should I clean the Aerochamber?**

- Powder collects in the AeroChamber and around the Flow Indicator Valve. This should be cleaned well at least once a week.
- Wash the mouthpiece and AeroChamber once a week.

**Steps to follow to clean:**

- Place in sink with warm soapy water.
- Gently shake the AeroChamber to loosen particles.
- Place in clear water to rinse soap off.
- Shake gently, place upright on a clean cloth or paper towel.
- Air dry.