

How To Use Your Inhaler (Puffer, MDI) With An Aerochamber[®]

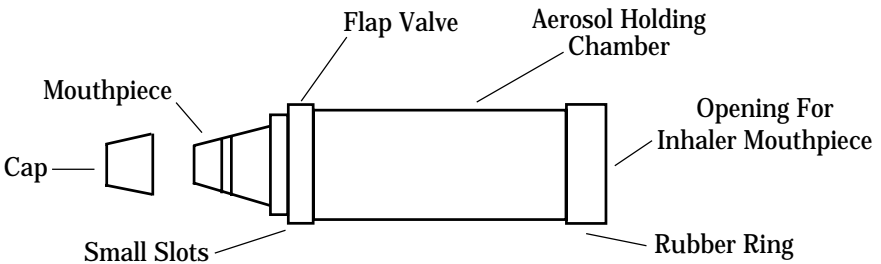
Method 1 and Method 2 (Rebreathing Method)

Care Of The Aerochamber®

- Once a week, remove the cap and rubber ring. Place all parts in a basin of warm water with a mild dish soap. Rinse in a basin of clear water using a gentle motion. Let it dry completely in room air before using again.
- **Do not** replace rubber ring until chamber is completely dry.
- **Do not** run water from the tap through the Aerochamber®.
- **Do not** use a cloth or brush to clean inside the Aerochamber®.
- **Do not** place in a dishwasher.

Note:

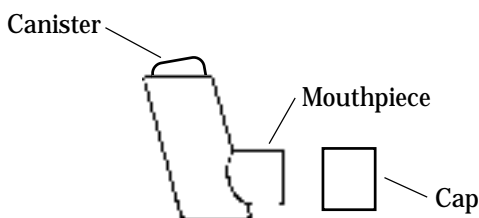
Aerochamber® is one type of spacer device. Some drug plans cover the cost of the spacer device. Spacer devices can be purchased at most drug stores with or without a prescription. Prices vary so check around before buying. The Nova Scotia Pharmacare programs pay for one aerochamber per year.



Parts of the Aerochamber®

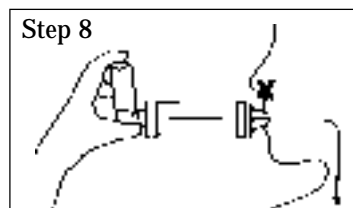
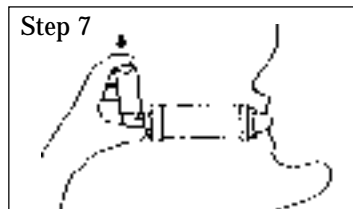
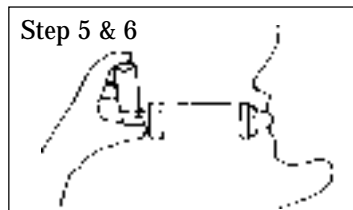
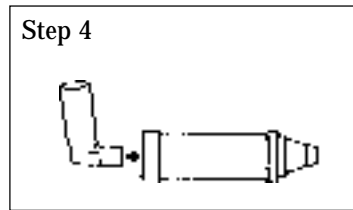
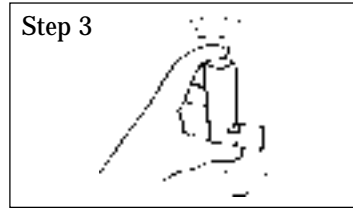
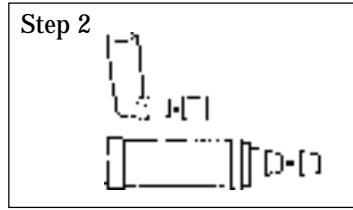
Tips For Using Your Inhaler With An Aerochamber[®]

- Do not place the canister in water.
- Do not expose the canister to extreme hot or cold temperatures.
- Shake the inhaler by your ear:
 - ✓ If there is no sound, it is empty and you need a refill.
 - ✓ If there is a sound but no spray, the small hole in the holder may be plugged. Try to clear it or return the inhaler to the drug store and get a new one.
- Taken properly, the fine spray from the Aerochamber[®] may or may not be felt or tasted. You are still getting your medication.
- Talk to your doctor, pharmacist or nurse if you have any problem handling the inhaler with the Aerochamber[®]. You may need to try another device.



How To Use Your Inhaler With The Aerochamber®–Method 1

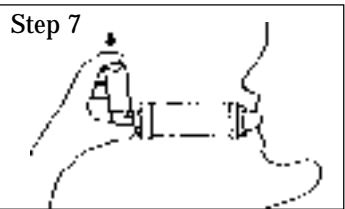
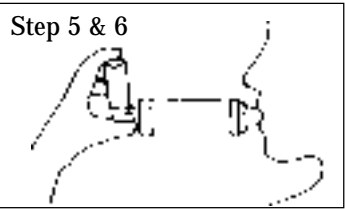
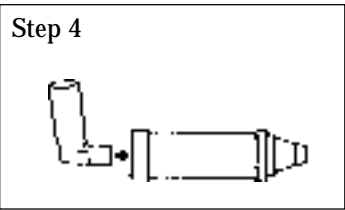
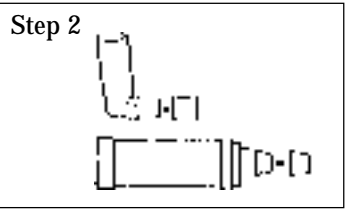
1. Ensure that the metal canister of the inhaler is firmly inserted into the plastic cover shell.
2. Remove the plastic caps from the inhaler and Aerochamber®.
3. Shake the inhaler vigorously.
4. Insert the plastic mouthpiece of the inhaler into the rubber ring of the Aerochamber®.
5. Breathe out normally.
6. Insert the mouthpiece of the Aerochamber® into your mouth and seal lips around it.
7. Depress the inhaler to spray the drug into the chamber.
8. Take a slow deep breath (over 5 seconds) and hold it for 10 seconds. If you hear a whistling sound, you are breathing in too fast.
9. Remove the Aerochamber® from your mouth and breathe out.
10. Wait 1 minute before the next puff. Take only 1 puff at a time. Shake again before the next puff.
11. Rinse out your mouth after using Flovent®, Beclomethasone®, Vanceric®, or other inhaled steroids.
12. Replace the caps when not in use.



How To Use Your Inhaler With The Aerochamber®–Method 2 (Rebreathing Method)

Use this method if you cannot hold your breath or take slow deep breath.

1. Ensure that the metal canister of the inhaler is firmly inserted into the plastic cover shell.
2. Remove the plastic caps from the inhaler and Aerochamber®.
3. Shake the inhaler vigorously.
4. Insert the plastic mouthpiece of the inhaler into the rubber ring of the Aerochamber®.
5. Insert the mouthpiece of the Aerochamber® into the mouth and seal lips around it.
6. Breathe normally through the Aerochamber®.
7. Depress the inhaler and continue breathing through the Aerochamber® for 4-5 breaths (do not take out of mouth during breathing).
8. Wait 1 minute between each puff. Take only 1 puff at a time. Shake again before the next puff.
9. Rinse out your mouth after using Flovent®, Beclomethasone®, Vanceril®, or other inhaled steroids.
10. Replace the caps when not in use.



Medication Tips

- Know when to use the **preventor** and when to use the **reliever/rescue** inhaler.
- After taking a **preventor** inhaler, rinse your mouth with water, gargle and “spit out”.
- Carry your reliever inhaler with you at all times.
- In cold weather, carry your inhaler in a pocket close to your body.

Your inhalers are:

Date:
 YYYY MM DD

	Name	Number of puffs	How Often?
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

Examples Of Puffers Used With An Aerochamber®

Reliever/Rescue Inhaler (Short-acting bronchodilator)

- Ventolin®
- Berotec®
- Airomir®
- Maxair®
- Atrovent®
- Combivent®

Long-acting bronchodilator

- Serevent®

Preventor Inhaler (Anti-inflammatory)

- Beclomethasone® (by various manufacturers)
- Flovent®
- Vanceril®
- Tilade®
- Intal®

*The QEII promotes a smoke-free and scent-free environment.
Please do not use perfumed products. Thank you!*

Queen Elizabeth II Health Sciences Centre
Halifax, Nova Scotia

*Prepared by: Pharmacy Department
Designed and Printed by: QEII Audio Visual and Printing Departments*