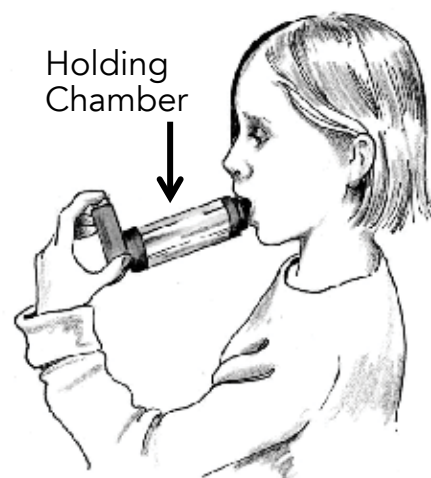
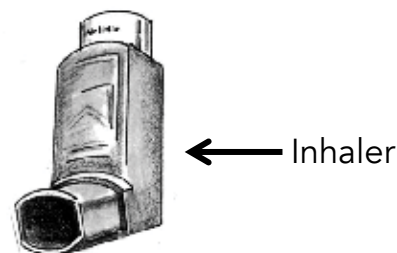


Metered Dose Inhaler with a Holding Chamber

A holding chamber is used with some inhalers to help more medicine get into the lungs.

How to Use the Holding Chamber

1. Take the caps **off** the inhaler and the chamber.
2. **Shake** the inhaler well.
3. Place the inhaler into the rubber end of the chamber.
4. Take a deep breath and slowly breathe out completely.
5. Place the mouthpiece of the chamber into your mouth and close your lips and teeth around it.
6. Press down on the inhaler 1 time to give 1 puff of medicine into the chamber.
7. Take a slow deep breath through your mouth. Hold your breath for **10 seconds** and then breathe out.
8. **Wait** 1 minute before taking another puff.
9. **Repeat** steps 2 to 8 for all puffs ordered by your doctor.
10. Put caps back on the inhaler and the holding chamber.



Reminders

- **Prime** the inhaler before using it the first time by spraying it **4 times** into the air. Prime again if not used in more than one week.
- If the holding chamber whistles when you inhale, you are breathing in too fast.
- **Clean** the holding chamber at least once a week with warm, soapy water. Soak it for 15 minutes. Then rinse. **Do not** use a dishwasher. Let it air dry.
- Keep track of the number of puffs used by checking the counter on the inhaler. This is important so refills are ordered before the inhaler is empty.

Asthma Video: Go to www.stlouischildrens.org and search “How to use an inhaler.”