



Education

Metered-Dose Inhaler Used with a Valved Holding Chamber Teen Version

A metered-dose inhaler (MDI) is a pressurized canister of medicine that releases a medicated mist. The valved holding chamber is a spacer device that can be used with a metered-dose inhaler. The valved holding chamber helps you inhale more medicine into your lungs.

To attach the MDI to the valved holding chamber:

1. Remove the caps from the valved holding chamber and metered-dose inhaler.
2. Shake the metered-dose inhaler vigorously.
3. Insert the mouthpiece of the inhaler into the rubber-sealed end of the valved holding chamber.

To use the MDI with the valved holding chamber:

1. Breathe all the air out of your lungs. Then put the valved holding chamber into your mouth between your teeth. Make a tight seal around the mouthpiece with your lips.
2. Press the MDI down once to release a spray of medicine. The medicine will be trapped in the chamber.
3. Breathe in slowly and deeply.
4. Hold your breath for 10 seconds. (This gives the medicine time to reach the airways.)
5. Take the valved holding chamber out of your mouth. Breathe out slowly.
6. Take a few normal breaths and then repeat steps 1 through 5 for another inhalation (puff) if required. Take the number of puffs prescribed by your health care provider.

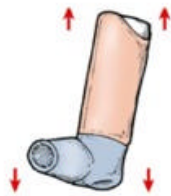
Cleaning the MDI and valved holding chamber

Wash the chamber and the plastic case for the metered-dose inhaler once a week with soapy tap water. Rinse and dry them thoroughly.

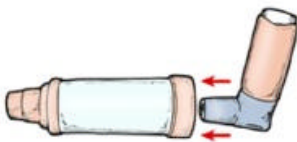
Replace the one-way valve or get a new spacer when the valve dries out and starts to curl.

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How to Use a Metered-Dose Inhaler with a Valved Holding Chamber (Spacer)



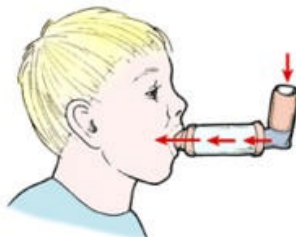
1. Shake the medicine.



2. Insert the mouthpiece of the inhaler into the rubber-sealed end of the spacer.



3. Breathe all the air out of your lungs then put the spacer into your mouth between your teeth. Make a tight seal around the mouthpiece with your lips.



4. Press the metered-dose inhaler down once to release a spray of medicine. The medicine will be trapped in the spacer. Breathe in slowly and deeply.



5. Hold your breath for at least 5 to 10 seconds. Breathe out slowly.