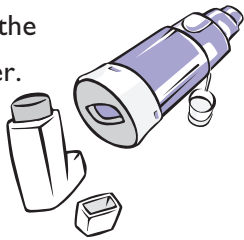


How to use your inhaler with a chamber

Chambers (also called spacers) work with your inhaler to help make it easier to get medicine into your lungs. They are useful for people of all ages. Tucker always uses a chamber with his inhaler. Remember to have an adult help you use and clean your chamber.

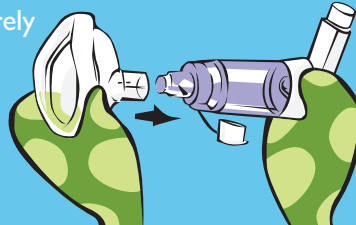
Getting ready

- 1 Remove the cap of your inhaler and insert the mouthpiece into the opening at the rubber end of the chamber.



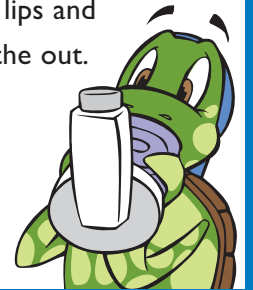
If you use a facemask

– Place it securely onto the mouthpiece.



- 2 Shake the inhaler and chamber 4-5 times.

- 3 Put the chamber in your mouth, form a tight seal with your lips and breathe out.



Taking your medication

- 4 As you start breathing in slowly through your mouth, press down on the inhaler one time.

- 5 Keep breathing in slowly and as deeply as you can.

- 6 Hold your breath as you count to 10, then breathe out.

- 7 If your doctor wants you to take another puff, take as directed.



If you are using a facemask

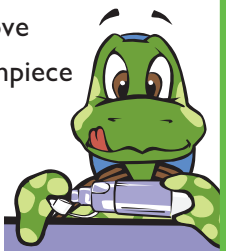
– Press and hold it over your mouth and nose. Spray one puff of medicine into the chamber and breathe in and out, through your mouth, for 6 breaths.



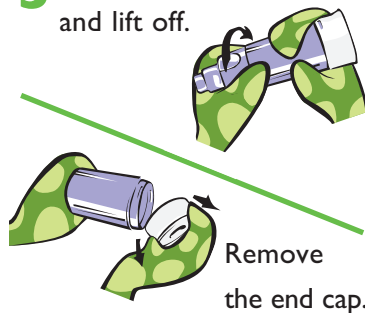
Cleaning your chamber

- 1 Wash your chamber once each week.

- 2 Remove mouthpiece cap.



- 3 Rotate the mouthpiece and lift off.



Remove the end cap.

- 4 Soak these parts for 10 minutes in warm soapy water.



- 5 Rinse with clean water and allow to air dry.

- 6 Put parts back together and store in a safe, dry place.

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