

## Using An AeroChamber®

Many medicines are available as inhaled treatments. Inhaled methods deliver medicine directly to the airway, which is helpful for lung diseases. The patient and health care provider can choose from a variety of delivery systems for inhaling medication.

The metered dose inhaler (MDI) consists of a pressurized canister of medicine in a plastic case with a mouthpiece. The AeroChamber® consists of a plastic tube with a mouthpiece, a valve to control mist delivery and a soft sealed end to hold the MDI. The holding chamber assists delivery of medicine to the small airways in the lungs. This increases the medicine's effectiveness. Its portable size, efficiency and convenience make the MDI a desirable method for inhalation treatment.

The following steps outline the best method to use the AeroChamber®.

### How to Assemble the AeroChamber®:

1. Remove the caps from the mouthpiece on the inhaler and on the AeroChamber®. Look for foreign objects in the AeroChamber®.
2. Put the inhaler mouthpiece into the wider rubber-sealed end of the AeroChamber®.
3. Shake the inhaler and AeroChamber®. This mixes the medication properly.



### Taking an Inhaled Treatment:

1. Gently breathe out.
2. Put the mouthpiece in your mouth between your teeth and close your lips around it.
3. Press the inhaler **once**. The medication will be delivered into the AeroChamber®.

4. Breathe in slowly and deeply over 3 - 5 seconds. If you breathe in too fast, the AeroChamber® may whistle.

5. Hold your breath for up to ten seconds. This allows the medication time to deposit in the airways.

6. Resume normal breathing.

7. Repeat steps 1 - 6 when more than one puff is prescribed.



## Cleaning and Care

1. **Clean the AeroChamber® once a week or sooner if needed.** Regular cleaning will prevent powder accumulation inside the AeroChamber®.

2. **Remove the back rubber piece for the AeroChamber®.**

3. **Soak the parts for 15 minutes in luke warm water with liquid detergent.** Move gently in the water. Rinse in clean water.

Or



4. **Place the AeroChamber® in the dishwasher on the top rack.** The dishwasher water temperature should be less than 158 degrees.

5. **Shake off excess water.** Do not rub dry.

6. **Air dry in a vertical position.**

7. **Replace the back rubber piece when the unit is completely dry and ready for use.**



Note: The AeroChamber® should not be boiled or sterilized.

Visit our website for more information about support groups, clinical trials and lifestyle information.

PTE.091 © Copyright 1009, 2002, 2003, 2006, 2007, 2009, 2014

NOTE: This information is provided to you as an educational service of the Mount Sinai – National Jewish Health Respiratory Institute. It is not meant to be a substitute for consulting with your own physician.