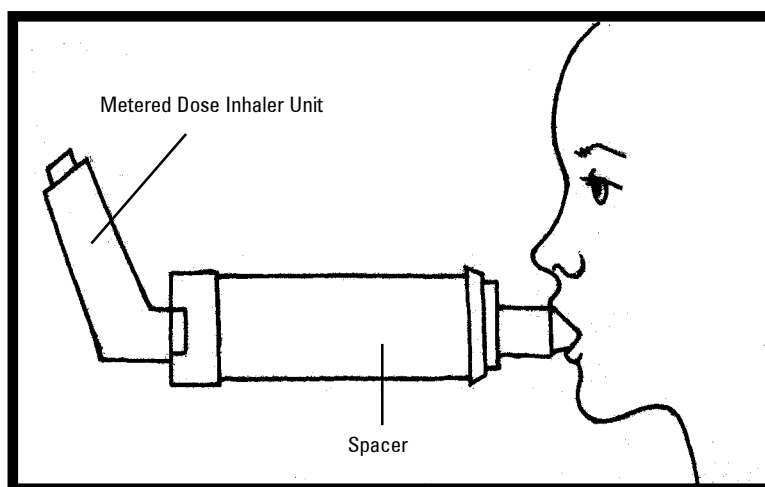


# Taking Asthma Medications

## Metered Dose Inhaler (MDI) with AeroChamber Spacer

Learning how to use an MDI properly takes a lot of practice. Unless your child's technique is really good, most of the medicine is likely to hit the tongue or the back of the throat. Using a spacer with the MDI makes the treatment easier. Spacers help the medicine get down to the small airways and can help reduce side effects. The AeroChamber is one of many types of spacers available.



### Directions: Read through all steps before beginning.

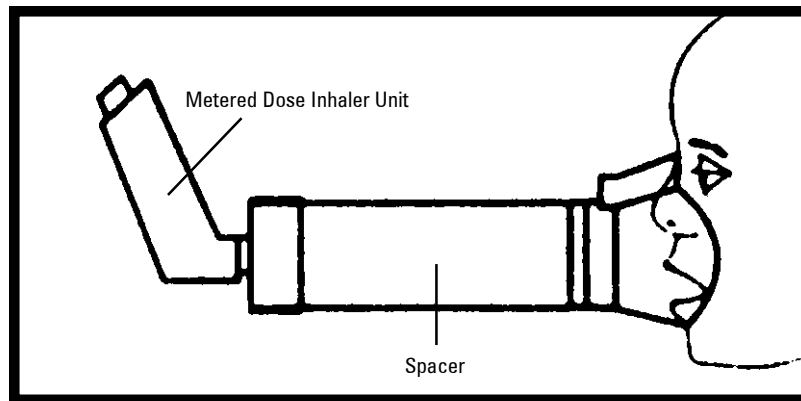
- Step 1** ..... Set up your metered dose inhaler (MDI) as usual. Remove the cap on the spacer.
- Step 2** ..... Shake the MDI rapidly for three seconds.
- Step 3** ..... Insert the inhaler (MDI) into the spacer.
- Step 4** ..... Tell your child you will ask her to try hard to hold her breath for a count of 10 after she breathes in the medicine.
- Step 5** ..... Press down on the canister in order to fill the AeroChamber with medicine.
- Step 6** ..... Have your child seal her lips around the mouthpiece of the spacer and take in a slow, deep breath.
- Step 7** ..... Have your child hold her breath while you slowly count to 10.
- Step 8** ..... Have your child release her breath and breathe normally.
- Step 9** ..... Wait one to two minutes.
- Step 10** ..... Repeat the procedure for each additional prescribed puff, beginning with Step 4, shaking the MDI again.

## Appendix D.2

# Taking Asthma Medications

### Spacer with Mask

This AeroChamber with mask is helpful for very young children or anyone who is having trouble using a regular spacer.



### Directions: Read through all steps before beginning.

**Step 1** ..... Set up your metered dose inhaler (MDI) as usual. Remove the cap on the spacer.

**Step 2** ..... Shake the metered dose inhaler (MDI) rapidly for three seconds.

**Step 3** ..... Insert the MDI into the spacer.

**Step 4** ..... Explain to your child that you will put the mask over his nose and mouth, but he can breathe normally.

**Step 5** ..... While keeping a good seal on the mask around your child's mouth and nose, press down on the canister once to release the medicine.

**Step 6** ..... Hold the mask in place and have your child take six normal breaths.

**Step 7** ..... Wait one to two minutes

**Step 8** ..... Repeat the procedure for each additional prescribed puff, beginning with Step 5.

After using a mask, always wipe the skin around your child's mouth with a wet cloth.