Valved Holding Chamber

How do I use my valved holding chamber?

1. Stand or sit up very straight.
2. Shake the inhaler for two seconds (ten shakes). If you have not used this medicine inhaler in the last week, squirt out 2 doses to “prime” the inhaler.
3. Press the inhaler into the stopper at the end of the chamber.
4. Hold the Chamber close to your mouth.
5. Blow all of the air out of your lungs (pretend that you are blowing out all of the candles on your birthday cake).
6. Without breathing in, place the chamber mouthpiece in your mouth with your lips around it.
7. Squirt the medicine one time into the chamber.
8. Breathe in slowly through your mouth from the chamber. If you hear a whistling noise breathe more slowly so no noise is heard.
9. Remove the chamber from your mouth and close your lips.
10. Hold your breath as long as you can, but at least ten seconds (count with your fingers).
11. Breathe out.
12. Repeat the above steps for each puff of medicine.
13. Swish and rinse your mouth and gargle with water. Spit out the rinse water.
14. Follow package instructions to clean your Aerochamber.
15. Remove the medicine canister from the inhaler and wash the mouthpiece with warm water once a day.
16. You will need to keep track of the doses of medicine you use from your inhaler (including the ones you use to “prime” the inhaler. Different medicine inhalers will contain different numbers of doses, for example, 120 or 200.