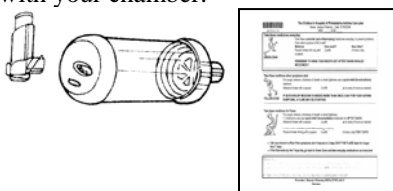
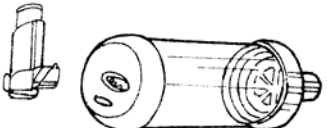
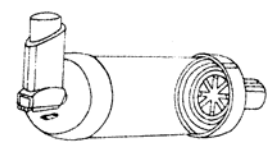






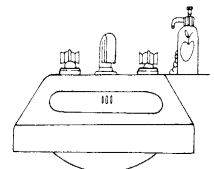


How to Use a Metered Dose Inhaler (MDI) with a Chamber with Mouthpiece

37:B:09

The Metered Dose Inhaler (MDI) should only be used when prescribed by your physician or healthcare provider with the medication and in the dosage prescribed.

<p>Step 1. Check your Asthma Care Plan to see when to take the medicine in your MDI with your chamber.</p>  <p>Is the MDI running low? Call for refills before the MDI is empty.</p>	<p>Step 2. Check the chamber.</p>  <p>Make sure no foreign objects have gotten inside of it.</p>	<p>Step 3. Take the cap off the MDI. Take the cap off the chamber. Put the MDI into the rubber ring on the back of the chamber.</p>  <p>Shake the MDI and chamber at least 15 times.</p>
<p>Step 4. Breathe out.</p> 	<p>Step 5. Put the chamber mouthpiece into your mouth. Close your lips tightly around the mouthpiece.</p> 	<p>Step 6. Push the MDI down so 1 puff of medicine is sprayed into the chamber.</p> 
<p>Step 7. Take 1 SLOW, DEEP breath in and hold it for 10 seconds.</p>  <p>You should not hear a whistle</p>  <p>Breathe out normally.</p>	<p>Step 8. If you are supposed to take 2 puffs of medicine, wait 1 minute and then repeat steps, 3, 4, 5, 6, and 7.</p> 	<p>Step 9. Keep your chamber clean. Chambers should be washed once a week. Wash your chamber in a clean pot or bowl of warm water with dishwashing soap. Don't rinse. Let it air dry. Never use a towel to dry your chamber.</p>  <p>If the chamber is cracked or broken, it needs to be replaced.</p>

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