

# HELPFUL INFORMATION FOR ASTHMA PATIENTS

## Using Your Aerochamber

### Why do you use an Aerochamber?

- Using a metered dose inhaler with the Aerochamber provides many benefits for patients.
- The Aerochamber allows more medicine to get into the lungs and better control over asthma.
- There are fewer side effects with using an Aerochamber because less drug is deposited in the back of the mouth.
- It is easier to use for patients who have a difficult time coordinating hand to mouth technique.



### How to use your Aerochamber

1. Remove the caps from the Aerochamber and metered dose inhaler.
2. Shake the metered-dose inhaler well.
3. Insert the mouthpiece of the inhaler into the rubber-sealed end of the Aerochamber.

### Using the MDI with the Aerochamber without the mask

4. Have your child breathe all the air out of his or her lungs. Then place the Aerochamber into the child's mouth between the teeth, making sure that the lips form a tight seal around the mouthpiece.
5. Press the MDI once to release a dose of medicine into the Aerochamber.
6. Have the child breathe slowly and deeply, holding it for 5 to 10 seconds. This will allow the medication to reach the airways.
7. Remove the Aerochamber out of the mouth and have the child breathe out slowly.
8. Ask the child to take a few more normal breaths and then repeat steps 4 through 7 if another puff is required. Follow the directions prescribed by your doctor.

If your child cannot complete steps 4 through 8, talk to the child's doctor about using an Aerochamber with "mask".

For further assistance, please contact a BMC HealthNet Plan Care Manager at **1-888-566-0010**.