

MEDfacts

An Educational Health Series From National Jewish Health®



USING AN AEROCHAMBER® WITH MASK

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 rubber sealed end, a mouthpiece and a valve to control mist delivery. 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® with mask.

How to Assemble the AeroChamber® with mask:

1. Put the inhaler mouthpiece into the rubber-sealed end of the AeroChamber®.



2. Shake the inhaler and AeroChamber®. This mixes the medication properly.

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Taking an Inhaled Treatment:

1. **Hold the mask to the face so that both the nose and mouth are covered.** It is important to create a good seal between the face and mask so that all medication will be delivered to the airways.
2. **Press the inhaler once.** The medication will be delivered into the AeroChamber®.
3. **Breathe in and out at least 6 times.** The diaphragm should move with each breath.
4. **Remove the mask from the face.**
5. **Repeat steps 1-4 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.

Note: This information is provided to you as an educational service of LUNG LINE® (1-800-222-LUNG). It is not meant to be a substitute for consulting with your own physician.

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