

MATTHEW S. COHEN, MD FAAP
PATIENT INSTRUCTION SHEET

HOW TO USE ALBUTEROL MDI WITH SPACER (NO MASK)

(MUST FOLLOW SEQUENCE)

1. Remove the protective caps from both the mouthpiece of the inhaler and mouthpiece of the AeroChamber.
2. Visually check the AeroChamber for foreign objects before each use. Ensure that all parts are secure.
3. Place the mouth piece of the inhaler into the back of the spacer and be sure they are snug.
4. While firmly holding the AeroChamber and inhaler upright, shake the unit briskly 4 or 5 times. Make sure that the mouthpiece of the inhaler is straight in the AeroChamber.
5. Exhale normally.
6. Place the mouth piece of the AeroChamber in your mouth between your front teeth and close lips tightly around the mouthpiece for an effective seal. Ensure that your tongue remains flat and does not obstruct the mouthpiece, maximizing drug delivery.
7. At the beginning of inhalation, activate the MDI by pushing on the top of the canister of the inhaler only once. This releases the medication into the AeroChamber. Spray only one puff from the inhaler at a time.
8. Inhale slowly and deeply through the mouth until a full breath has been taken followed by a 5 to 10 second breath hold. If the AeroChamber makes a whistling sound, you are breathing too quickly.
9. If you are unable to follow the previous step #8, you can simply breathe in and out normally 3 times (through the mouth) to receive the medication.
10. Wait 30 seconds before taking another puff of medication.
11. Then activate the MDI again by pushing on the top of the canister of the inhaler, and repeat steps 8 and 9.
12. Each treatment involves 2 puffs.
13. After use, remove the MDI and replace the protective caps on the inhaler and the AeroChamber.

If you have any questions, please call.