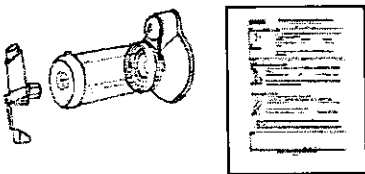
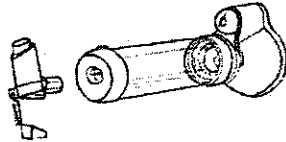
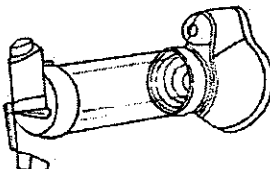


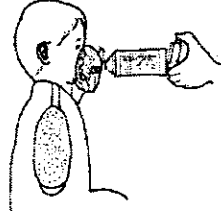
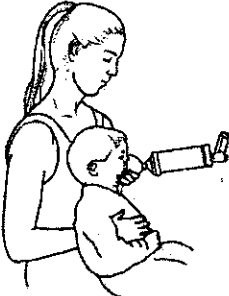
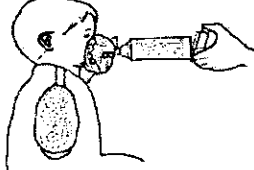
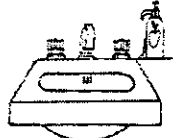


The Metered Dose Inhaler (MDI) should only be used when prescribed by your physician or healthcare provider with the medication and in the dosage prescribed.

<p>Step 1. Check your child's Asthma Care Plan to see when to give the medicine in the MDI with the chamber with mask.</p>  <p>Is the MDI running low? Call for refills before the inhaler 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. Put the MDI in the rubber ring at the back of the chamber.</p> 
<p>Step 4. Sit your child on your lap. Shake the MDI and chamber.</p> 	<p>Step 5. Place the mask on your child's face and make sure that it is sealed over the mouth and nose.</p>  <p><i>*Don't worry; your child can breathe with the mask in place.</i></p>	<p>Step 6. Push down on the MDI so 1 puff of medicine is sprayed into the chamber.</p> 
<p>Step 7. Keep the mask in place by anchoring your hand under your child's chin until your child breathes in and out six times.</p> 	<p>Step 8. If 2 puffs of medicine have been prescribed, wait 1 minute then repeat Steps 4, 5, 6, and 7.</p>  <p><i>*You'll know your child has gotten medicine and taken six breaths by watching the chest move in and out. You may also place your hand on their belly and feel it move up and down six to ten times.</i></p>	<p>Step 9. Keep the chamber clean. Chambers should be washed once a week. Wash the chamber and facemask in a clean bowl or pot of warm water and dishwashing soap. Don't rinse. Let it air dry. Never use a towel to dry your spacer. If the chamber is cracked or broken, it needs to be replaced.</p> 

Written 4/05
 Revised 3/06, 7/09
 (37:B:08SPA)

©The Children's Hospital of Philadelphia 2009. Not to be copied or distributed without permission. All rights reserved.

Patient family education materials provide educational information to help individuals and families. You should not rely on this information as professional medical advice or to replace any relationship with your physician or healthcare provider.

Know How to Use Your Asthma Inhaler

Using a metered dose inhaler with a spacer

Health Tips From CDC

