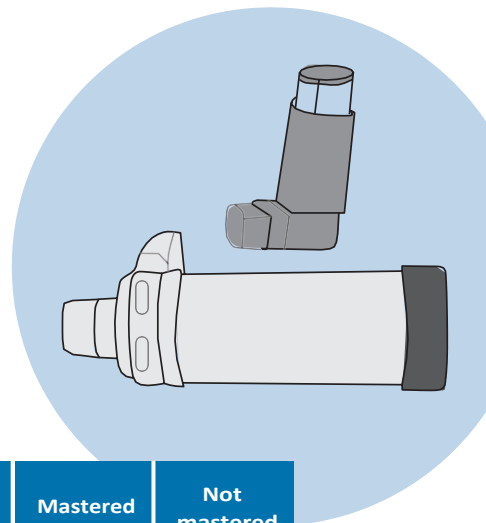


USE OF THE METERED DOSE INHALER WITH INHALATION CHAMBER



Drug : _____
 Indication (maintenance or rescue or maintenance+rescue): _____
 Number of inhalations: _____ Number of times per day: _____
 Other information: _____



		Mastered	Not mastered
1	Prepare the device by removing the Metered-Dose Inhaler (MDI) cap ¹ and the inhalation chamber cap		
2	Shake the device up and down ²		
3	Insert the mouthpiece of the inhaler into the adapter at the end of the inhalation chamber		
4	The device has air intakes that should not be blocked		
5	Place the mouthpiece of the inhalation chamber into the mouth and close the lips and teeth around the device OR in the case of the mask, place the mask on the face so that the nose and mouth are well covered		
6	Breathe out normally into the inhalation chamber, emptying the lungs without forcing		
7	Release the medication dose by pressing the cartridge once		
8	Two possible techniques (the device should not whistle):		
	A great inhalation (to be encouraged): <ul style="list-style-type: none"> Take a slow, deep inhalation Hold your breath for 5 to 10 seconds 	At current volume : <ul style="list-style-type: none"> Breathe in and out through the mouth normally in the device Adult : 3 to 4 times child : 5 to 6 times baby : 8 to 10 times 	
9	Remove the inhalation chamber from the mouth or mask from the face		
10	Wait one minute between inhalations		
11	Repeat steps 2-9 for each prescribed inhalation		

NOTE

¹ The Aerosphere® is a metered dose inhaler

² Although drugs in solution do not require agitation, it is suggested that the technique be standardized

REMARKS

To limit the adverse effects of the medication, rinse your mouth with water (do not swallow the water).

ACTIVATION / REACTIVATION :

MAINTENANCE OF THE DEVICE AND THE CHAMBER:

HOW TO KNOW THE IF IT IS EMPTY :



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