

Metered-dose inhaler with a valved holding chamber

TECHNIQUE

1. Remove the caps.
2. Shake the inhaler 3-4 times keeping it upright.
3. Connect the inhaler to the holding chamber.
4. Tilt your head slightly back and breathe out normally.
5. Place the holding chamber mouthpiece carefully between your teeth and seal your lips around it.
6. Press down on the canister once.
7. Breathe in slowly and deeply through your mouth.
8. **a. Single breath technique:** Try to hold your breath for 5-10 seconds or as long as is comfortable. Then breathe out normally.
b. Tidal volume technique: If you find it difficult to take one deep breath or to hold your breath for long, breathe slowly in and out of the holding chamber, 3-4 times in a row.
9. If you need more than one dose, wait 1 minute between puffs and repeat steps 2-8. Replace the protective caps.



Maintenance and Cleaning

- Clean the valved holding chamber prior to the first use and once a week thereafter, as per the manufacturer's instructions, to avoid build up of medication residue or propulsion agent on the walls.
- Keep the holding chamber in a secure place to ensure that no foreign objects will fall into the chamber.

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