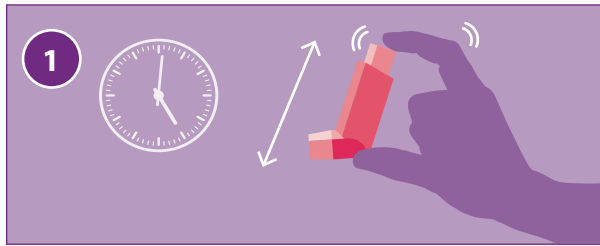
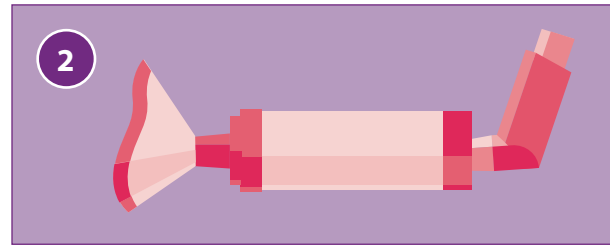


## INSTRUCTIONS FOR USING AN MDI WITH A HOLDING CHAMBER AND MASK

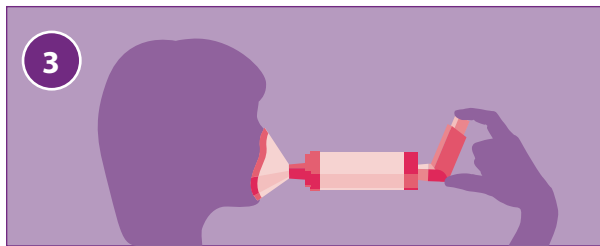
Holding chambers with masks are often recommended for children with asthma, but they are used by adults as well.



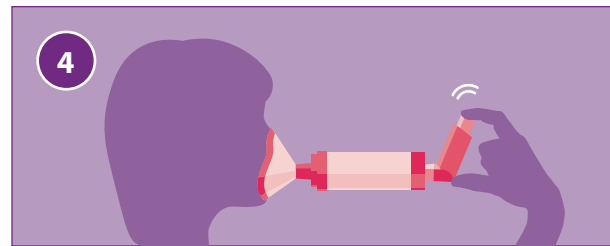
**STEP 1:** Take the cap off your MDI and shake the MDI well.



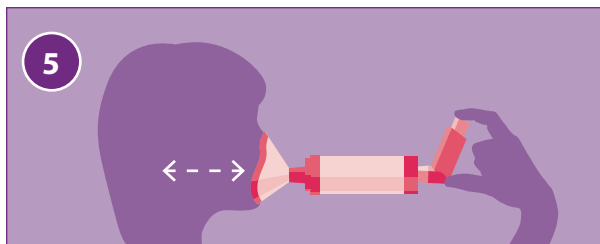
**STEP 2:** Attach the mask to the holding chamber (if it's not a single unit) and insert the MDI into the chamber.



**STEP 3:** The user should sit up straight or stand. Place the mask over the user's nose and mouth. The mask should fit firmly enough so none of the medicine can escape.



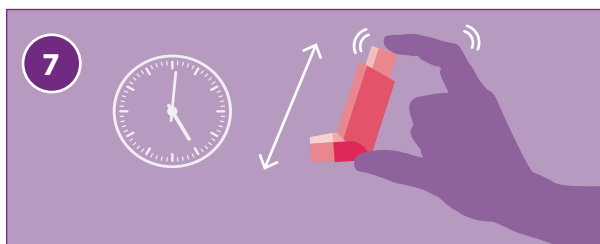
**STEP 4:** Press down on the MDI. This puts one dose of medicine into the chamber.



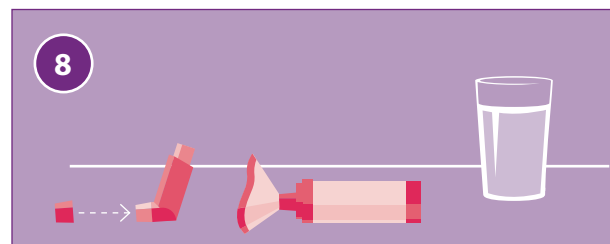
**STEP 5:** Have the user breathe in and out normally for six breaths to inhale the full dose of medicine. You can monitor the user's breathing by watching the valve open and close. Do not remove the mask until the sixth breath is completed.



**STEP 6:** Remove the mask from the user's face.



**STEP 7:** If you need to take another dose of medicine, wait 1 minute. After 1 minute, shake the inhaler again and repeat steps 3 through 6.



**STEP 8:** Remove the MDI from the chamber and recap both devices. If the medicine is a corticosteroid, the user should rinse their mouth out with water after the last puff of medicine. Make sure to spit the water out—DO NOT SWALLOW IT.