

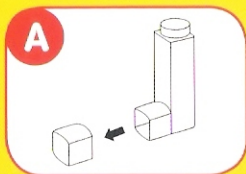


I CAN!

The Children's Asthma and Allergy Network
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How to use the SPACE CHAMBER

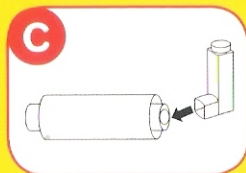
HOW TO USE THE SPACE CHAMBER



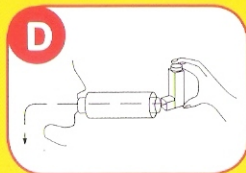
- 1) Remove the protective cap from the inhaler.



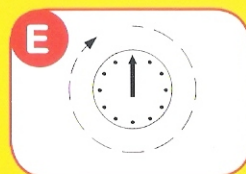
- 2) Shake the inhaler about 5 to 6 times.



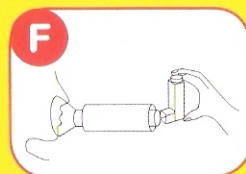
- 3) Insert the inhaler into the back of the Space Chamber.



- 4) Place the mouthpiece in the mouth, making sure that you seal your lips around it.
- 5) Press the inhaler **ONCE** to release a dose of the medicine into the chamber.
- 6) Breathe in and out slowly and deeply, through your mouth, 5 to 10 times.



- 7) Wait for half a minute to a minute before repeating steps 2 to 6 for each dose of medicine.



- 8) If a face mask is required attach to the mouth piece of the Space Chamber, follow steps 1 to 6.

NB: **DO NOT** remove your mouth from your mouthpiece in between each breath.

CARE OF YOUR CHAMBER

- Soak the chamber in warm water containing a little dishwashing detergent for 15-20 minutes
- **DO NOT RINSE**, and allow to air dry. **DO NOT** rub dry. The chamber should be cleaned once a week.

ALWAYS ASK YOUR DOCTOR OR NURSE FOR A DEMONSTRATION