

Metered Dose Inhaler (MDI) With Optichamber®

The OptiChamber® extends the space between the Metered Dose Inhaler (MDI) and the mouth. The valved holding chamber traps the medication, which allows the child to breathe in slowly. This delivers more medication into the lungs and less onto the back of the throat.

**Prior to first use, wash the OptiChamber® with warm soapy water.
Do not rinse. Allow to air dry.**

Attach the MDI to the OptiChamber® as follows:

1. Remove the caps from the OptiChamber® and metered dose inhaler
2. Shake the MDI vigorously
3. Insert the mouthpiece of the inhaler into the rubber-sealed end of the OptiChamber®
4. If the MDI has not been used before, or if it has not been used for one week or more, waste four puffs into the chamber. **NOTE: This does not count as a dose of medication.**

How to use the MDI with the OptiChamber® and mask:

1. Select the appropriate size of mask for the patient (small, medium, or large) and attach to the mouthpiece end of the OptiChamber®
2. Have your child stand or sit straight up
3. Put the OptiChamber® mask to your child's face, covering both the nose and mouth. The mask must be pressed to your child's face to assure that the medication can get to the child's lungs
4. Depress the MDI once
5. Have your child breathe in and out through the OptiChamber® for at least five breaths.
6. When additional puffs are prescribed by your doctor, wait one minute and repeat steps 1 through 3

How to use the MDI with the OptiChamber® and mouthpiece:

1. Have your child stand or sit straight up
2. Place the OptiChamber® into your child's mouth. Ask your child to breathe slowly in and out of the OptiChamber® several times.
3. Depress the MDI once
4. Have your child breathe in as deeply as possible and then hold their breath for 10 seconds.
5. For children unable to do a breath hold, another method is to breathe in and out slowly for 3-5 breaths without the breath hold.
6. When your doctor prescribes additional puffs, wait one minute and repeat steps 1 through 3

How to track doses for scheduled medication used every day:

1. Place a blank label around the boot of the MDI
2. Identify the number of actuations (puffs) available by reading the label on the MDI canister
3. Divide the number of available puffs by the prescribed number of puffs per day **Example:** 120 doses available divided by 4 puffs per day equals 30 days supply of doses

4. Note a refill date based upon the available supply of doses minus a five day grace period.
Example for 30 days supply: Start date: 7/1/04 Refill date: 7/25/04

How to track doses for as needed (PRN) medication:

1. Place a blank label around the boot of the MDI
2. Identify the number of actuations (puffs) available by reading the label on the MDI canister
3. Note the start date and number of actuations available at the top of the label
4. Write one hash mark for each puff used (include wasted puffs)
5. Obtain refill when 10 actuations are left

Example: Start date: 7/1/04 Available doses: 200 1111 (four puffs given)