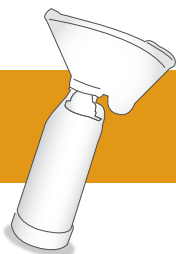
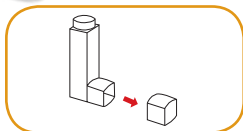


Singapore National Asthma Programme (SNAP)



HOW TO USE THE

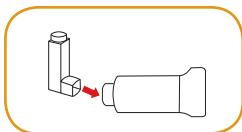
AEROCHAMBER



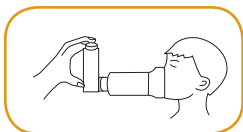
- 1** Remove the protective cap from the inhaler mouthpiece.



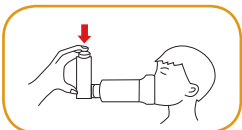
- 2** Shake the inhaler about 5 to 6 times.



- 3** Insert the inhaler into the adapter of the aerochamber device, opposite the face mask.



- 4** Place the mask over the nose and mouth creating a good seal between the face and mask.



- 5** Keeping the device level, press the inhaler, making sure only one dose is used at a time.



- 6** Hold the mask firmly to the child's face for 5 to 10 breaths or slow count to 10.

- 7** Repeat steps 2 to 6 as instructed by your doctor/nurse.

- 8** Remove the inhaler from the device and replace it with the protective cap.

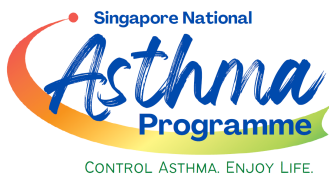
CARE OF YOUR CHAMBER (The chamber should be cleaned once a week):

Step 1: Soak the chamber in warm water with 1 to 2 drops of dishwashing detergent for 15-20 minutes. Step 2: Wipe mouthpiece clean of detergent. Step 3: Allow to air dry.

DO NOT rub dry.

Please follow manufacturer's instructions for your specific chamber.

ALWAYS ASK YOUR DOCTOR OR NURSE FOR A DEMONSTRATION

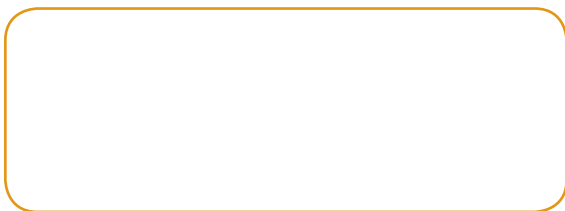


Singapore National Asthma Programme (SNAP)

The SNAP was initiated by the Ministry of Health in 2001 to reduce the burden of asthma in Singapore. Hence it aims to improve the overall control of the disease and quality of life of asthma patients, particularly those with moderate to severe asthma.

This technique card, together with asthma teaching services carried out at our hospitals and clinics serve to teach the patients to employ the correct way to use their inhalers so as to have an effective treatment outcome.

For more information contact us at the following:



A community health project supported by:

