

How to use the Aerochamber (for babies and young children)

Aim of the leaflet

This leaflet is aimed at parents of children with asthma. This leaflet aims to tell you how to use the Aerochamber device. This method is particularly useful for babies and younger children.

How to use the device

1. Remove the cap from the metered dose inhaler (M.D.I).
2. Look inside Aerochamber to check there is nothing inside.
3. Insert metered dose inhaler mouthpiece into the back of the Aerochamber.
4. Shake the unit briskly 4 or 5 times.
5. Apply soft mask of Aerochamber over the mouth and nose firmly, so there is a good seal.
6. Discharge spray into the Aerochamber by pressing the top of the metered dose inhaler canister, whilst holding the mask firmly in place.
7. Keep the mask in place for 5 or 6 breaths - you can check this by observing the exhalation valve moving on the breath out. Encourage breathing through the mouth if possible - slowly and deeply.
8. Remove the mask from the baby's/infant's face.
9. If more than one puff is prescribed, repeat the procedure from step 1, allowing 30 seconds between doses.
10. If inhaled steroids have been given, wash the face around the mask area and give a small drink afterwards. This will help to prevent thrush.



Helpful tips

Allow baby/infant to become familiar with the Aerochamber by handling and looking at it, but do not leave baby/infant with the Aerochamber - it is not a toy.

Try and associate the use of the Aerochamber with something pleasant, e.g. sitting on your knee for a song or nursery rhyme.

If baby/infant objects to using the Aerochamber and cries, he/she will still inhale the medication you are giving as he/she will be opening his/her mouth to take big breaths in order to protest - so persevere if you can, it only takes a few minutes - followed by a

cuddle, it can make all the difference to baby's breathing.

To hold a protesting baby

Prepare the Aerochamber and M.D.I.

Sit baby with his/her back to your front.

Hold his/her arms down by wrapping one arm around his/her front. Use your other arm to administer the medication.

Cleaning

1. Wipe the mask clean with a damp cloth as often as required.
2. Clean whole device before first use then at monthly intervals.
3. Remove metered dose inhaler from the back of the Aerochamber.
4. Remove inhaler port from the back of the Aerochamber, do not remove the mask.
5. Soak both parts for 15 minutes in lukewarm water with a mild liquid detergent.
6. Agitate gently.
7. Shake out excess water (do not rub dry).
8. Air dry in a vertical position to help drain.
9. Replace inhaler port when unit is completely dry.
10. Do not use a heat steriliser or dishwasher.

Contact details

If you have any questions about any of the information contained in this leaflet please contact the Children's Clinic on 01205 445416.

The Trust endeavours to ensure that the information given here is accurate and impartial.

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