



ENGLISH

Manufactured by:
Trudell Medical International
725 Third Street, London, Ontario N5V 5G4
customerservice@trudellmed.com
1-519-455-7060

Authorised European Representative:
Trudell Medical International Europe Ltd.
BioCity Nottingham, Pennyfoot Street,
Nottingham, NG1 1GF



Did you know...

**Olympic athletes
have asthma too**

**You are
not alone**
9 out of 10 people
find it hard to use
their puffer

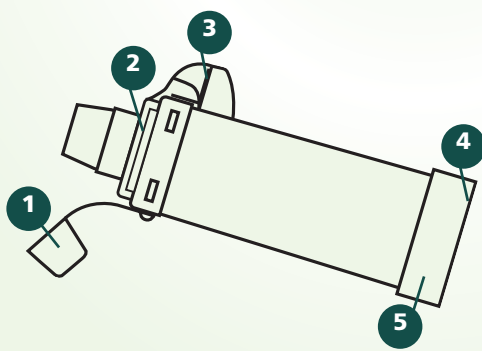
**Your chamber
holds your puffer
medication until you
inhale it**

AC* Girlz* or AC* Boyz* Chamber is used with a puffer to help you breathe easier so you are ready to do anything you want – whether it is playing sports or hanging out with friends.

For more information about your new chamber, visit www.aerochamber.com

What are all these parts?

Each part of your chamber has been made *just for you.*

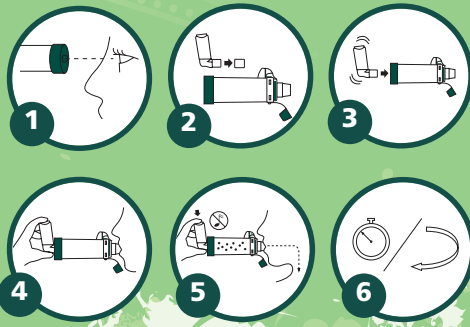


- 1 Cap**
Keeps the mouthpiece clean. Attached so you don't have to worry about losing it!
- 2 Easy Valve System**
Valve opens and closes when you breathe in and out.
- 3 Flow-Vu* Indicator**
Moves toward you when you breathe in (only works when your lips are tightly sealed right around the mouthpiece).
- 4 FlowSignal* Whistle**
If you hear the whistle sound, it means that you are breathing in too fast. **Slow down!**
- 5 Backpiece**
Fits all types of puffers.

The most important thing to remember is that you need to take your medicine just as your doctor tells you. Remember, the medicine will help you breathe better so you will feel great all day.

How do I use my AC* Girlz* or AC* Boyz* Chamber?

- Look at your chamber to make sure it is not damaged. If it is damaged, replace it immediately.
- Take the cap off both the puffer and your chamber.
- Shake the puffer for 5 seconds, then insert it into the Backpiece of the chamber.
- Put the mouthpiece in your mouth.
- When you are ready, gently exhale. Start to inhale and press your puffer so that your medicine is sprayed into the chamber. Only press one puff at a time.
- You will have to wait before you take another puff of medicine. Check the instructions for your puffer to see how many puffs your doctor wants you to take and how long to wait between puffs.



TIPS

The best way to breathe in the medicine is to take one long, slow, deep breath followed by 5-10 seconds when you hold your breath. If you can't do that yet, just take 2-3 slow, breaths – making sure you keep your lips tightly sealed around the mouthpiece.

If you hear the whistle sound, it means that you are inhaling too fast. **SLOW DOWN!**

How do I Clean my Chamber?

Clean weekly following the instructions below.



Remove only the back part of the chamber.

Soak both parts in warm water and dish soap for 15 minutes.

Rinse both parts in clean water.

Let dry completely. Put together again, press firmly to attach the Backpiece.

Kids and Parents Please Read

Notes:

- When not in use, store in suitable case.
- Do not spray more than ONE PUFF at a time into the Chamber.
- This product contains no latex.
- Chamber should be replaced after 12 months of use. Environmental conditions, storage and frequency of use can affect chambers life span.

Cautions:

- Ensure directions for use have been read prior to use and are kept available at all times.
- Do not clean in a dishwasher.
- Do not share your chamber with anyone.**