

Companion Product Information

PTS Training Pharmacy
131 McNabb St
Markham, Ontario L3R 5V7

Theo MOON
123 Pharmacy Drive
Markham, Ontario L6L 6L6

Drug: VENTOLIN 200DS AEROSOL
SALBUTAMOL
100MCG/DOS AEROSOL

Companion Product: AEROCHAMBER

Therapeutic Class: BRONCHIAL DILATORS

TIPS for using your MDI (puffer)

DO:

- Follow your Asthma or COPD Action Plan as set out by your Healthcare Provider
- Even when you are feeling better and think you don't need it, continue to use your CONTROLLER daily as directed
- Use a chamber (such as the clinically proven AeroChamber Plus® Flow-Vu® chamber) to help easily deliver your puffer medication where it is needed in your lungs
- Have your inhalation technique (how you take your puffer medication) reviewed by a trained healthcare provider once a year. 9 out of 10 Canadian adults do not take their inhaler medication properly.
- Keep your RESCUE (blue) puffer with you at all times. Lung flare ups can happen at any time
- Carry all your needed Asthma or COPD medications in the handy AeroChamber® carrying case available online with the chamber purchase (www.myaerochamber.ca)
- Make sure to clean your chamber weekly (the AeroChamber Plus® Flow-Vu® chamber can be washed in the dishwasher)
- Other useful tips can be found at: www.aerochamber.ca
- If you have COPD, consider also using the drug-free Aerobika® OPEP device which is clinically supported to reduce exacerbations, improve quality of life, and improve lung function. More information can be found here: <https://getyourbreathback.com/>

DON'T:

- Stop using your CONTROLLER when you start to feel better; it works over time to keep inflammation down
- Leave home without your RESCUE inhaler; you may not be able to predict a flare up
- Leave home without your AeroChamber Plus® Flow-Vu® chamber as it may help you breathe in your medication (not sure about this one – too much)