housing opening spaced from the fitting opening of the fitting, and a channel connecting the housing opening to the fitting opening, the channel having a first seal, a second seal and a third seal spaced along the channel in a sealed position and a series of rotating drivers spaced along the channel;

moving the first and second seals from the sealed position to an open, retracted position;

moving the flow restrictor from the receptacle along the channel toward the third seal;

moving the first and second seals to the sealed position and opening bleeder valves between the first and second seals and between the second and third seals to equalize the pressure in the channel and outside the channel; and

opening the third seal and removing the flow restrictor from the channel.

13. The method of claim 12, further comprising the step of closing the first and second seals after moving the flow restrictor toward the third seal.

14. The method of claim 12, wherein the flow restrictor is an orifice plate.

15. The method of claim 14, wherein the channel is a longitudinal channel that is sized to receive the width and thickness of the orifice plate.

16. The method of claim 12, wherein at least one of the first seal and the second seal are retracted and extended using a rotating actuator.

17. The method of claim 12, further comprising the step of releasing a releasable lock on at least one of the first seal and the second seal prior to retracting the respective seal from the sealed position.

18. The method of claim 12, wherein the rotating drivers comprise a profile that engages a corresponding profile on the flow restrictor.

19. The method of claim 12, wherein the series of rotating drivers comprises a first