



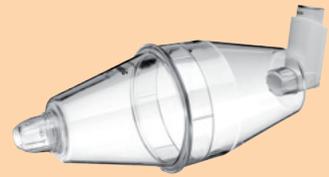
LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol pressurized metered-dose inhaler with Volumatic® (for children)

From the age of four

Patient information

1. Discuss the purpose and the mode of action of the medication.

Preparation

Before the first use

Wash all parts of the inhaler in lukewarm, clean and soapy water. Do not rinse or dry the Volumatic®. For a new metered-dose inhaler: shake the inhaler well and spray three doses; if the inhaler has not been used for one week or longer: shake the inhaler well and spray one dose.

Before every use

2. The mouth must be empty.
3. Assemble the Volumatic®
4. Check the function of the flap (when you shake the Volumatic®, you should hear the flap).
5. Remove the cap from the inhaler.
6. Shake the inhaler well.
7. Put the inhaler with the opening downwards into the Volumatic®. The inhaler with the Volumatic® is now ready for use.

Inhalation

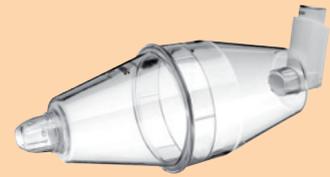
8. Let the child sit or stand up straight with his/her head slightly backwards.
9. Keep the Volumatic® horizontal and put the mouthpiece between the child's teeth, let the child close his/her lips around it to form good seal. Make sure the air vents are not covered.
10. – Press down on the inhaler canister once.
– Let the child inhale and exhale 10 times slowly through the Volumatic®, you should hear the flap open and close.
11. If more doses are prescribed, remove the inhaler from the Volumatic® and repeat steps 6 to 10. Do not spray more than once into the Volumatic® at a time.
12. Remove the inhaler from the Volumatic®, put the cap back on.
13. After inhaling corticosteroids, let the child rinse the mouth briefly with water: gargle and spit with the first mouthful, then swallow the second mouthful. If needed the child should eat or drink something.

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Cleaning

- 14. Clean the Volumatic® once a week.
- 15. Dismantle the Volumatic®.
- 16. Wash all parts of the inhaler in lukewarm, (clean) soapy water.
- 17. Do not wash or dry the Volumatic®.
- 18. Leave the Volumatic® to air dry.
- 19. Make sure all parts are dry before the Volumatic® is assembled.

Important points

- 20. Estimate when the inhaler will be empty. The number of doses the inhaler contains, is listed on the side of the inhaler. Count the dosages and note the start date. Some inhalers have a dose counter to tell you exactly how many doses are left.
- 21. Keep the inhaler at room temperature.
- 22. Replace the Volumatic® once a year or earlier if there is any sign that the flap is damaged.
- 23. The function of the flap may decrease over time.

Finally

- 24. Have a look at an instructional film which shows these steps in action. Take a look at the following website for a Dutch instructional film: www.inhalatorgebruik.nl.

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These English protocols are based on the inhalation protocols of the Dutch Lung Alliance and are being translated by the ADMIT group www.admit-inhalers.org.

The Dutch Lung Alliance encourages dissemination of the protocols and the instructions. The most recent versions and terms of use can be found at the website www.inhalatorgebruik.nl