



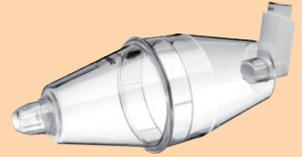
# LAN

Long Alliantie Nederland

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Instructor: \_\_\_\_\_



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

### Patient information

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

### Preparation

#### *Before the first use*

Wash the inhaler Volumatic® before the first use. Then wash it every week, see the heading Cleaning. 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). Remove the cap from the inhaler.
- 5. Shake the inhaler well.
- 6. Put the inhaler with the opening downwards into the Volumatic®.
- 7. The inhaler with the Volumatic® is now ready for use.

### Inhalation

- 8. Sit or stand up straight with your head slightly backwards.
- 9. Put the mouthpiece between teeth and close lips to form a good seal. Make sure the exhale vents are not covered.
- 10. – Exhale completely.  
– Press down on the inhaler canister once at the start of a slow inhalation.  
– Breathe 5 times slowly in and out through the Volumatic®, you should hear the flap open and close.
- 11. If an extra dose is prescribed, wait one minute and repeat steps 5 to 10.
- 12. Remove the inhaler from the Volumatic®, put the cap back on.
- 13. After inhaling corticosteroids, rinse your mouth briefly with water: gargle and spit with the first mouthful then swallow the second mouthful. If needed eat or drink something.

### Cleaning (Volumatic® once a week)

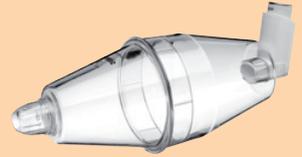
- 14. Dismantle the Volumatic®.
- 15. Wash all parts of the inhaler in lukewarm, (clean) soapy water.
- 16. Do not spool off or dry the Volumatic®.
- 17. Leave the Volumatic® to air dry.

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## Important points

- 18. 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.
- 19. Keep the inhaler at room temperature.
- 20. Replace the Volumatic® once a year. The function of the air valve may deteriorate over time.

## Finally

- 21. 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](http://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](http://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](http://www.inhalatorgebruik.nl)