



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol Spiromax®

Patient information

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

Preparation

Before the first use:

- 2. The Spiromax® is wrapped in foil, remove the foil just before the first use.

Before every use:

- 3. The mouth must be empty.
- 4. Hold the Spiromax® upright, with the cap at the lower side.
- 5. Open the cap completely until you hear a click.
- 6. The Spiromax® is now ready for use.

Inhalation

- 7. Sit or stand up straight with your head slightly backwards.
- 8. **Exhale slowly and completely, not into the Spiromax®.**
- 9. Put the mouthpiece between teeth and close lips to form a good seal. Do not cover the air vents.
- 10. **Inhale as deeply as possible with steady, moderate force.**
- 11. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Spiromax® from the mouth.
- 12. Exhale slowly, not into the Spiromax®.
- 13. Put the inhaler cap back, the dose counter will calculate the remaining doses.
- 14. Repeat steps 4 to 13 if necessary.
- 15. After inhaling, 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

- 16. Clean the mouthpiece with a dry tissue, never rinse it with water. Clean the mouthpiece before closing the cap.

Inhalation protocol Spiromax® - version 1.0



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Important points

- 17. The Spiromax® contains 60 to 120 doses. The dose counter indicates how many doses are left.
- 18. Keep the Spiromax® at room temperature, not in the bathroom or kitchen.
- 19. The Spiromax® is preservable for 6 months after opening.

Finally

- 20. Have a look at an instructional film which shows these steps in action.

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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