



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol pressurized metered-dose inhaler Space Chamber® with mask (for children)

Please pay attention to the right size of the mask.

An indication is:

For the age of 0 to 12 months: small mask and a Space Chamber® compact

For the age of 1 year to 4 years: medium mask and Space Chamber® plus.

For the age from 4 years, if conscious inhalation with mouthpiece is not possible: either the adult mask (large) or the medium mask, which has a better fit, and the Space Chamber® plus.

Patient information

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

Preparation

Before the first use

2. Clean the Space chamber® before the first use (see the header **Cleaning**).
3. Remove the cap from the inhaler.
4. Shake the inhaler well and spray three doses.

Before every use

5. Remove the cap from the inhaler.
6. If the inhaler has not been used for one week or longer: shake the inhaler well and spray one dose.
7. The mouth must be empty.
8. Shake the inhaler well.
9. Put the inhaler with the opening downwards straight into the Space Chamber®.
10. The inhaler with the Space Chamber® is now ready for use.

Inhalation

11. Let the child sit or stand up straight with his/her head slightly backwards.
12. Hold the Space Chamber® horizontal and apply the mask to the child's face and ensure an effective seal over mouth and nose.
13. – Press down on the inhaler canister once at the start of inhalation.
– Let the child inhale and exhale slowly 5 times through the Space Chamber®. Make sure to keep an effective seal and that there are no tears on the child's cheeks. The air vents should open and close visibly.
14. If an extra dose is prescribed, remove the inhaler from the Space Chamber® and repeat steps 8 to 13.
15. Remove the inhaler from the Space Chamber®. Put the cap back on the inhaler.

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- 16. 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. Wash the face as well.

Cleaning

- 17. Clean the Space Chamber® once a week.
- 18. Dismantle the Space Chamber®. Remove the flexible back piece (put your thumb in it and pull it out).
- 19. Wash all parts of the inhaler in lukewarm, (clean) soapy water.
- 20. Do not wash or dry the Space Chamber®.
- 21. Let the Space Chamber® air dry. Make sure the components are dry before the Space Chamber® is assembled.

Important points

- 22. Estimate when the inhaler will be empty. The number of doses which the inhaler contains is listed on the side of the inhaler. Recommended is to tally the doses and note the date of embarking. Some inhalers have a dose counter to tell you exactly how many doses are left.
- 23. Keep the inhaler at room temperature.
- 24. Replace the Space Chamber® once a year.

Finally

- 25. 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