



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol pressurized metered-dose inhaler InspiraChamber® with mouthpiece

Patient information

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

Preparation

Before the first use:

- 2. Remove the cap from both the inhaler and the InspiraChamber®.
- 3. Shake the inhaler well and spray three doses.

Before every use:

- 4. Remove the cap from both the inhaler and the InspiraChamber®.
- 5. If the inhaler hasn't been used for a week, shake the inhaler well and spray one dose.
- 6. The mouth has to be empty.
- 7. Shake the inhaler well.
- 8. Put the inhaler with the opening downwards into backpiece of the InspiraChamber®.
- 9. The inhaler with the InspiraChamber® is now ready for use.

Inhalation

- 10. Sit or stand up straight with your head slightly backwards.
- 11. Hold the InspiraChamber® horizontal and put the mouthpiece between teeth and close lips to form a good seal.
- 12. Exhale completely.
 - Press down the inhaler canister once at the start of a slow inhalation.
- 13. **A. Inhale and exhale slowly 5 times** through the InspiraChamber®.
If inhaling in once works well:
B. Inhale once slowly and deeply and hold breath for 10 seconds.
- 14. Inhale with less force if the inhaler gives a 'whistle' sound.
- 15. If an extra dose is prescribed, shake the inhaler with the InspiraChamber® well and repeat steps 7 to 14. Do not press more than one dose into the InspiraChamber®.
- 16. Remove the inhaler from the InspiraChamber®, put the cap back on the inhaler.
- 17. 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.

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Cleaning

- 18. Clean the InspiraraChamber® once a week.
- 19. Dismantle the InspiraraChamber®. Remove the backpiece of the InspiraraChamber®.
- 20. Wash all parts of the inhaler in lukewarm, (clean) soapy water.
- 21. Rinse the InspiraraChamber® but do not dry it.
- 22. Leave the InspiraraChamber® to air dry.
- 23. Make sure the components are dry before the InspiraChamber® is assembled.

Important points

- 24. Estimate when the inhaler will be empty. The number of doses which the inhaler contains is listed on the side of the inhaler. A suggestion is to tally the doses and put down the date of embarking. Some inhalers have a dose counter to tell you exactly how many doses are left.
- 25. Keep the inhaler at room temperature.
- 26. Replace the InspiraraChamber® once a year.

Finally

- 27. 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