



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



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

From the age of 4.

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 .
 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 straight into of the InspiraChamber®.
 9. The inhaler with the InspiraChamber® is now ready for use.

Inhalation

10. Let the child sit or stand up straight with his/her head slightly backwards.
 11. Hold the InspiraChamber® horizontal and put the mouthpiece between the child's teeth and let the child close its lips to form a good seal.
 12a. *the Standard method*
– Let the child fully exhale, if possible.
– Press down on the inhaler canister once at the start of inhalation.
– **Let the child inhale and exhale slowly 5 times through the InspiraChamber®.**
The air vents should open and close visibly.
 12b. If the provider considers it a possibility: the one-breath method.
– Let the child fully exhale, if possible.
– Press down on the inhaler canister once at the start of inhalation.
– **Let the child inhale deeply with steady, moderate force** and hold breath for 10 seconds.
 13. If an extra dose is prescribed, remove the inhaler from the InspiraChamber® and repeat steps 7 to 13. Do not press more the one dose in the InspiraChamber® at a time.
 14. Remove the inhaler from the InspiraChamber®. Put the cap back on the inhaler.
 15. After inhaling, rinse the mouth briefly with water: gargle and spit with the first mouthful then swallow the second mouthful. If needed eat or drink something, and wash the face.

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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



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Cleaning

- 16. Clean the InspiraChamber® once a week.
- 17. Dismantle the InspiraChamber®. Remove the backpiece and the mask of the InspiraChamber®.
- 18. Wash all parts of the inhaler in lukewarm, (clean) soapy water.
- 19. Rinse the InspiraChamber® but do not dry it.
- 20. Leave the InspiraChamber® to air dry.
- 21. Make sure the components are dry before the InspiraChamber® 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. 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.
- 23. Keep the inhaler at room temperature.
- 24. Replace the InspiraChamber® once a year.

Finally

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

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