



# LAN

Long Alliantie Nederland

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

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

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



## Inhalation protocol pressurized metered-dose inhaler Vortex® with mouthpiece

### Patient information

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

### Preparation

#### *Before the first use:*

- 1. Remove the cap from both the inhaler and the Vortex®.
- 2. Shake the inhaler well and spray three doses (not into the Vortex®).

#### *Before every use:*

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

### Inhalation

- 9. Sit or stand up straight with your head slightly backwards.
- 10. Exhale completely.
- 11. Hold the Vortex® horizontal and put the mouthpiece between teeth and close lips to form a good seal.
  - Press down the inhaler canister once at the start of a slow inhalation.
  - A. **Inhale and exhale slowly 5 times** through the Vortex®.
  - If inhaling in once works well:*
  - B. **Inhale once slowly and deeply** and hold breath for 10 seconds.
  - It is up to the doctor/nurse which method is more appropriate.*
- 12. If an extra dose is prescribed, shake the inhaler with the Vortex® well and repeat steps 5 to 11. Do not press more than one dose into the Vortex®.
- 13. Remove the inhaler from the Vortex®, put the cap back on the inhaler (not onto the Vortex®).
- 14. 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

- 15. Clean the Vortex® once a week.
- 16. Dismantle the Vortex®. Remove the mouthpiece from the Vortex®.
- 17. Wash all parts of the inhaler in lukewarm, (clean) soapy water.
- 18. Rinse the Vortex®, shake the water well off.
- 19. Make sure the components are dry before the Vortex® is assembled.

## Important points

- 20. 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.
- 21. Keep the inhaler at room temperature.
- 22. Replace the Vortex® once a year.
- 23. With the one-handed operation aid for the Vortex®, it is possible to use it with one hand and makes it also easier to use it for people with lower strength. Please note this does not work with every inhaler.

## Finally

- 24. 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](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)