



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol pressurized metered-dose inhaler Vortex® with large mask

Please note: only use the mask if inhalation with mouth piece is not possible.

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 the inhaler.
- 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 straight 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. Hold the Vortex® horizontal and apply mask to face and ensure an effective seal over mouth and nose.
 - Press down the inhaler canister once at the start of a slow inhalation.
 - **Inhale and exhale slowly 5 times through the Vortex®.** Make sure the mask has a good seal until the patient is done.
- 11. If an extra dose is prescribed, shake the inhaler with the Vortex® well and repeat steps 5 to 10. Do not press more than one dose into the Vortex®.
- 12. Remove the inhaler from the Vortex®, put the cap back on the inhaler (not onto the Vortex®).
- 13. 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, and wash the face.

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Cleaning

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

Important points

- 19. 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.
- 20. Keep the inhaler at room temperature.
- 21. Replace the Vortex® once a year.
- 22. 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

- 23. 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