



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol pressurized metered-dose inhaler Vortex[®] with mouthpiece (for children)

From the age of four

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 has not been used for one week or longer: shake the inhaler well and spray one dose (not into the Vortex[®]).
 5. The mouth must 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. Let the child sit or stand up straight with his/her head slightly backwards.
 10. Keep the Vortex[®] horizontal and put the mouthpiece between the child's teeth and let it close its lips to form a good seal.
 11. – 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 Vortex[®].**
 12. If an extra dose is prescribed, remove the inhaler from the Vortex[®] and repeat steps 5 to 11. Do not press more than one dose in the Vortex[®] at a time.
 13. Remove the inhaler from the Vortex[®]. Put the cap back on the inhaler (not on the Vortex[®]).
 14. 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.

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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

- 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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