



# LAN

Long Alliantie Nederland

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

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

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



## Inhalation protocol Autohaler®

### Patient information

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

### Preparation

Before the first use of the Autohaler®: shake the Autohaler® well and spray three doses while holding the Autohaler® upright with the mouthpiece down. If the Autohaler® has not been used for more than a week: shake it well and spray one dose.

- 2. Hold the Autohaler® upright, remove the inhaler cap.
- 3. Do not cover the air vents at the bottom of the Autohaler®.
- 4. The mouth must be empty.
- 5. Shake the Autohaler® well, keep the Autohaler® upright and push the lever up so it will stay up.
- 6. The Autohaler® is now ready for use.

### Inhalation

- 7. Sit or stand up straight with your head slightly backwards.
- 8. **Exhale slowly and completely, not into the Autohaler®.**
- 9. Put the mouthpiece between teeth and close lips to form a good seal.
- 10. **Inhale as deeply as possible with steady, moderate force. Within the first second, you will hear a 'click'. Do not stop inhaling.**
- 11. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Autohaler® from the mouth.
- 12. Exhale slowly.
- 13. Put the lever back horizontal and put the inhaler cap back.
- 14. Repeat steps 5 to 13 if necessary.
- 15. 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.

### Cleaning

- 16. Clean the mouthpiece with a dry tissue, never rinse it with water.

### Important points

- 17. Estimate when the inhaler will be empty. The number of doses the inhaler contains, is listed on the side of the inhaler. Count the dosages and note the start date.
- 18. Keep the Autohaler® at room temperature.

*Inhalation protocol Autohaler® - version 2.0*



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## Finally

- 21. Have a look at an instructional film which shows these steps in action. Take a look at the following website for a Dutch instructional film: [www.inhalatorgebruik.nl](http://www.inhalatorgebruik.nl).

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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)*