



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol pressurized metered-dose inhaler

Please note: it is recommended to use a spacer

Patient information

- 1. Discuss the purpose and the mode of action of the medication.
- 2. It is recommended to use a spacer.

Preparation

Before the first use

- 3. Remove the cap from the inhaler.
- 4. Shake the inhaler well and spray three doses.

Before every use

- 5. Remove the cap from the inhaler.
- 6. If the inhaler has not been used for a week or longer, shake it well and spray one dose.
- 7. The mouth must be empty.
- 8. Shake the inhaler well.
- 9. The inhaler is now ready for use.

Inhalation

- 10. Sit or stand up straight with your head slightly backwards.
- 11. Exhale slowly and fully, not into the inhaler.
- 12. Bring the inhaler upright with the opening on the lower side, towards your mouth.
- 13. Put the mouthpiece between teeth and close lips to form a good seal.
- 14. Press down on the inhaler canister once at the start of a deep inhalation (4 seconds).
- 15. Hold breath for 10 seconds, or as long as comfortable. Meanwhile remove the inhaler from the mouth.
- 16. Exhale slowly.
- 17. If an extra dose is needed, wait at least half a minute and repeat steps 8 to 16.
- 18. Replace the cap.
- 19. 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

- 20. Clean the mouthpiece with a dry tissue

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Important points

- 21. Estimate when the inhaler will be empty:
 - Note the start date;
 - Count the dosages;
 - Some inhalers have a dose counter and/or a colour indicator.
- 22. Keep the inhaler at room temperature.

Finally

- 23. 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.

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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