



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



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

Please note: only use mask if inhalation is not possible with mouthpiece

Patient information

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

Preparation

Before the first use:

For a new metered-dose inhaler: shake the inhaler well and spray three doses.

If the inhaler has not been used for one week or longer: shake the inhaler well and spray one dose.

Before every use:

- 2. The mouth must be empty.
- 3. Remove the cap from the inhaler.
- 4. Shake the inhaler well.
- 5. Put the inhaler with the opening downwards into the hole of the AeroChamber®. The inhaler with the AeroChamber® is now ready for use.

Inhalation

- 6. Sit or stand up straight with your head slightly backwards.
- 7. Hold the AeroChamber® horizontal and apply mask to face and ensure an effective seal over mouth and nose.
- 8. – Press down on the inhaler canister once.
– Inhale and exhale slowly 5 times (tidal breathing) through the AeroChamber®. The flow-vu indicator will move visibly. Make sure to keep a good seal.
- 9. If an extra dose is prescribed, shake the inhaler with the AeroChamber® well and repeat steps 6 to 8. Do not press more than one dose into the AeroChamber®.
- 10. Remove the inhaler from the AeroChamber® and put the cap back on.
- 11. 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

- 12. Clean the AeroChamber® once a week.
- 13. Dismantle the AeroChamber®. Remove the inhaler from the hole and unscrew the mask at the front counterclockwise.
- 14. Wash all parts of the inhaler in lukewarm, (clean) soapy water.

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- 15. Do not wash or dry the AeroChamber®.
- 16. Leave the AeroChamber® to air dry. Make sure the components are dry before the AeroChamber® is assembled.

Important points

- 17. Estimate when the inhaler will be empty. The number of doses which the inhaler contains is listed on the side of the inhaler. Count the dosages and note the start date. Some inhalers have a dose counter to tell you exactly how many doses are left.
- 18. Keep the inhaler at room temperature.
- 19. Replace the AeroChamber® once a year.

Finally

- 20. 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