



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol pressurized metered-dose inhaler AeroChamber® with mouthpiece (for children)

From the age of 4 years

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-four doses.

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

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

Inhalation

7. Let the child sit or stand up straight with his/her head slightly backwards.
8. Keep the AeroChamber® horizontal and put the mouthpiece between the child's teeth, let the child close his/her lips around it to form good seal.
- 9a. Standard method:
- Press down on the inhaler canister once.
 - Let the child inhale and exhale 5 times slowly through the AeroChamber®, the flow-vu indicator will move visibly.
- 9b. If the provider considers it a possibility: the one-breath method.
- Let the child exhale slowly and completely.
 - Press down on the inhaler canister once at the start of inhalation.
(the flow-vu indicator will move towards the mouth)
 - Let the child inhale deeply with steady, moderate force and hold breath for 10 seconds.
10. The child should inhale with less force if the inhaler gives a 'whistle' sound.
11. If an extra dose is prescribed, shake the inhaler with the AeroChamber® well and repeat steps 7 to 10. Do not spray more than one dose into the AeroChamber® at a time.
12. Remove the inhaler from the AeroChamber®, put the cap back on both the inhaler as the AeroChamber®.
13. 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

- 14. Clean the AeroChamber® once a week.
- 15. Dismantle the AeroChamber®. Remove the backpiece and unscrew the frontpiece counterclockwise.
- 16. Wash all parts of the inhaler in lukewarm, (clean) soapy water.
- 17. Do not wash or dry the AeroChamber®.
- 18. Leave the AeroChamber® to air dry. Make sure the components are dry before the AeroChamber® 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. Count the dosages and note the start date. 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 AeroChamber® once a year.

Finally

- 22. 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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