



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol Forspiro®

Patient information

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

Preparation

Before the first use:

- 2. Open the transparent cover of the side chamber.
- 3. Remove the black striped foil strip from the side chamber, against the perforation line.

Before every use:

- 4. The mouth must be empty.
- 5. Hold the Forspiro® upright with the protective cap facing up.
- 6. Open the protective cap of the Forspiro®.
- 7. Open the white lever, and move it as far open as it will go and until it clicks.
- 8. Close the white lever so that it will click again into its original position. The dose counter starts counting now.
- 9. The Forspiro® is now ready for use.

Inhalation

- 10. Sit or stand up straight with your head slightly backwards.
- 11. **Exhale slowly and completely**, not into the Forspiro®.
- 12. Bring the Forspiro® horizontal towards the mouth.
- 13. Put the mouthpiece between teeth and close lips to form good seal, make sure the air vents are not covered.
- 14. **Inhale as deeply as possible with steady, moderate force.**
- 15. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Forspiro® from the mouth.
- 16. Exhale slowly.
- 17. Repeat steps 7 to 16, if a second inhalation is prescribed.
- 18. Close the Forspiro® by putting the protective cap back over the mouth piece.
- 19. Open the transparent cover of the side chamber.
- 20. Remove the empty strips by ripping it off, against the perforation line.
- 21. 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

- 22. Clean the mouthpiece with a dry cloth, never rinse it.

Inhalation protocol Forspiro® - version 1.0



LAN

Long Alliantie Nederland



Important points

- 23. The Forspiro® contains 60 doses, the dose counter indicates the remaining doses.
- 24. Keep the Forspiro® at room temperature.

Finally

- 25. Have a look at an instructional film which shows these steps in action.

Inhalation protocol Forspiro® - version 1.0

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