



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol pressurized metered-dose inhaler Vortex® with mask (for children)

- For children from the age of 0 to 2 years: infant mask orange (ladybug)
- For children from the age of 2 to 4 years: toddler mask green (frog)
- For the age from 4 years, if conscious inhalation with mouthpiece is not possible: either the adult mask (blue) or the toddler green (frog), which has a better fit.

Patient information

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

Preparation

Before the first use:

1. Remove the cap from both the inhaler and the Vortex®.
2. Shake the inhaler well and spray three doses.

Before every use:

3. Remove the cap from the inhaler.
4. If the inhaler has not been used for one week or longer: shake the inhaler well and spray one dose (not into the Vortex®).
5. The mouth must be empty.
6. Shake the inhaler well.
7. Put the inhaler with the opening downwards straight into the (backside of the) Vortex®.
8. The inhaler with the Vortex® is now ready for use.

Inhalation

9. Let the child sit on your lap or a chair, or stand up straight with his/her head slightly backwards.
10. Hold the Vortex® horizontal and apply the mask to the child's face and ensure an effective seal over mouth and nose.
11. - Press down on the inhaler canister once.
- Let the child inhale and exhale slowly 5 to 10 times through the Vortex®.
- Make sure to keep an effective seal and that there are no tears on the child's cheeks.
12. If an extra dose is prescribed, shake the inhaler with the Vortex® well and repeat steps 5 to 11. Do not press more than one dose into the Vortex®.
13. Remove the inhaler from the Vortex® and put the cap back on the inhaler (not on the Vortex®).
14. After inhaling corticosteroids, rinse your mouth briefly with water: gargle and spit with the first mouthful then swallow the second mouthful. Wash the face as well.

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Cleaning

- 15. Clean the Vortex® once a week.
- 16. Dismantle the Vortex®. Remove the mask from the Vortex®.
- 17. Wash all parts of the inhaler in lukewarm, (clean) soapy water.
- 18. Rinse the Vortex®, but do not dry it with a cloth (shake it out until it air dries).
- 19. Make sure the components are dry before the Vortex® is assembled.

Important points

- 20. Estimate when the inhaler will be empty. The number of doses which the inhaler contains is listed on the side of the inhaler. A suggestion is to tally the doses and put down the date of embarking. Some inhalers have a dose counter to tell you exactly how many doses are left.
- 21. Keep the inhaler at room temperature.
- 22. Replace the Vortex® once a year.
- 23. With the one-handed operation aid for the Vortex®, it is possible to use it with one hand and makes it also easier to use it for people with lower strength. Please note this does not work with every inhaler.

Finally

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

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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