

Name patient:.....

Date:.....

Name of the instructor: .....

## Inhalation protocol pressurized metered-dose inhaler Aerochamber® with mouthpiece (for adults)

### Patient information

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

### Preparation

For a new metered-dose inhaler with Aerochamber®: shake the inhaler well and spray 3-4 doses. If the inhaler with Aerochamber® has not been used for one week or longer: shake the inhaler well and spray one dose.

2. The mouth must be empty.
3. Keep the Aerochamber® horizontal.
4. Remove the cap.
5. Put the inhaler with the opening downwards into the Aerochamber®.

Shake the inhaler well.

6. Shake the inhaler with Aerochamber® well. The inhaler with Aerochamber® is now ready for use.

### Inhalation

7. Sit or stand up straight with your head slightly backwards.
8. Put the mouthpiece between teeth and close lips to form a good seal.
- 9a. Standard method:
- **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).
  - Inhale and exhale slowly 5 times through the Aerochamber®.
- 9b. If the standard method is not pleasant: one-breath method:
- **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).
  - Inhale once slowly and as deeply as possible. Hold breath for 10 seconds.
10. If the inhaler 'whistles' during the inhalation, inhale with less force.
11. If an extra dose is prescribed, repeat steps 6 to 10.
12. Remove the inhaler from the Aerochamber®, put the cap back on.
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.

### Cleaning

14. Dismantle the Aerochamber®.

- 15. Wash all parts of the inhaler in lukewarm, clean, and soapy water.
- 16. Do not rinse or dry the Aerochamber®.
- 17. Let the Aerochamber® air dry.

**Important points**

- 18. 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.
- 19. Keep the inhaler at room temperature. Please be cautious of possible mould formation at the mouthpiece of the Aerochamber®.
- 20. Replace the Aerochamber® once a year.

**Finally**

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