

Name patient:.....

Date:.....

Name of the instructor: .....

## **Inhalation protocol pressurized metered-dose inhaler AeroChamber® with mask (for children)**

**For the age of 0 to 6 months: baby mask (orange)**

**For the age of 6 months to 4 years: infant mask (yellow)**

**For the age from 4 years, if conscious inhalation with mouthpiece is not possible: either the adult mask (blue) or the infant mask (yellow), which has a better fit.**

### **Patient information**

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

### **Preparation**

#### ***Before the first use:***

2. Remove the cap from the inhaler.
3. Shake the inhaler well and spray three doses.
3. If the inhaler has not been used for one week or longer: shake the inhaler well and spray one dose.

#### ***Before every use:***

4. Remove the cap from the inhaler.
5. If the inhaler has not been used for one week or longer: shake the inhaler well and spray one dose.
6. The mouth must be empty.
7. Check if the Flow-Vu indicator works; place the mask on a flat surface, push the inhaler gently up and down, the air vents should move visibly.
8. Shake the inhaler well.
9. Put the inhaler with the opening downwards straight into the AeroChamber®.
10. The inhaler with the AeroChamber® is now ready for use.

### **Inhalation**

11. Let the child sit on your lap or a chair, or stand up straight with his/her head slightly backwards.
12. Hold the AeroChamber® horizontal and apply the mask to the child's face and ensure an effective seal over mouth and nose.
- 13.- Press down on the inhaler canister once.
- Let the child inhale and exhale slowly 5 times through the AeroChamber®. The flow-vu indicator will move visibly.
  - Make sure to keep an effective seal and that there are no tears on the child's cheeks.
14. If an extra dose is prescribed, shake the inhaler with the AeroChamber® well and repeat steps 7 to 9. Do not press more than one dose into the AeroChamber®.
15. Remove the inhaler from the AeroChamber® and put the cap back on.
16. 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.

### **Cleaning**

17. Clean the AeroChamber® once a week.
18. Dismantle the AeroChamber®. Remove the backpiece and unscrew the frontpiece counterclockwise.
19. Wash all parts of the inhaler in lukewarm, (clean) soapy water.
20. Rinse the AeroChamber®, but do not dry it with a cloth.
21. Leave the AeroChamber® to air dry.
22. Make sure the components are dry before the AeroChamber® is assembled.

**Important points**

- 23. 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.
- 24. Keep the inhaler at room temperature.
- 25. Replace the AeroChamber® once a year.

**Finally**

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