

Name patient:.....

Date:.....

Name of the instructor:

Inhalation protocol Autohaler®

Patient information

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

Preparation

Before the first use of the Autohaler®: shake the Autohaler® well and spray three doses while holding the Autohaler® upright with the mouthpiece down. If the Autohaler® has not been used for more than a week: shake it well and spray one dose.

2. Hold the Autohaler® upright, remove the inhaler cap.
 3. Do not cover the air vents at the bottom of the Autohaler®.
 4. The mouth must be empty.
 5. Shake the Autohaler® well, keep the Autohaler® upright and push the lever up so it will stay up.
 6. The Autohaler® is now ready for use.

Inhalation

7. Sit or stand up straight with your head slightly backwards.
 8. Exhale slowly and completely, not into the Autohaler®.
 9. Put the mouthpiece between teeth and close lips to form a good seal.
 10. Inhale as deeply as possible with steady, moderate force. Within the first second, you will hear a 'click'.

Do not stop inhaling.

11. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Autohaler® from the mouth.
 12. Exhale slowly.
 13. Put the lever back horizontal and put the inhaler cap back.
 14. Repeat steps 5 to 13 if necessary.
 15. 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

16. Clean the mouthpiece with a dry tissue, never rinse it with water.

Important points

17. Estimate when the inhaler will be empty. The number of doses the inhaler contains, is listed on the side of the inhaler. Count the dosages and note the start date.
 18. Keep the Autohaler® at room temperature.

Finally

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