

Name patient:.....
Name of the instructor:
Date:.....

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.

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.