

Name patient:.....

Date:.....

Name of the instructor: .....

## Inhalation protocol pressurized metered-dose inhaler InspiraChamber® with mouthpiece

### Patient information

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

### Preparation

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

2. Remove the cap from both the inhaler and the InspiraChamber®.  
 3. Shake the inhaler well and spray three doses.

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

4. Remove the cap from both the inhaler and the InspiraChamber®.  
 5. If the inhaler hasn't been used for a week, shake the inhaler well and spray one dose.  
 6. The mouth has to be empty.  
 7. Shake the inhaler well.  
 8. Put the inhaler with the opening downwards into backpiece of the InspiraChamber®.  
 9. The inhaler with the InspiraChamber® is now ready for use.

### Inhalation

10. Sit or stand up straight with your head slightly backwards.  
 11. Hold the InspiraChamber® horizontal and put the mouthpiece between teeth and close lips to form a good seal.  
 12. Exhale completely.  
- Press down the inhaler canister once at the start of a slow inhalation.  
 13. A. **Inhale and exhale slowly 5 times** through the InspiraChamber®.  
*If inhaling in once works well:*  
B. **Inhale once slowly and deeply** and hold breath for 10 seconds.  
 14. Inhale with less force if the inhaler gives a 'whistle' sound.  
 15. If an extra dose is prescribed, shake the inhaler with the InspiraChamber® well and repeat steps 7 to 14.  
Do not press more than one dose into the InspiraChamber®.  
 16. Remove the inhaler from the InspiraChamber®, put the cap back on the inhaler.  
 17. After inhaling, 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

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

### Important points

24. 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.  
 25. Keep the inhaler at room temperature.  
 26. Replace the InspiraChamber® once a year.

**Finally**

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