

Name patient:.....

Date:.....

Name of the instructor:

Inhalation protocol pressurized metered-dose inhaler Space Chamber® with mouthpiece (for children)

From the age of four

Patient information

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

Preparation

Before the first use

2. Clean the Space chamber® before the first use (see the header **Cleaning**)
3. Remove the cap from the inhaler.
4. Shake the inhaler well and spray three doses.

Before every use

5. Remove the cap from the inhaler.
6. If the inhaler has not been used for one week or longer: shake the inhaler well and spray one dose.
7. The mouth must be empty.
8. Shake the inhaler well.
9. Put the inhaler with the opening downwards straight into the Space Chamber®.
10. The inhaler with the Space Chamber® is now ready for use.

Inhalation

11. Let the child sit or stand up straight with his/her head slightly backwards.
12. Keep the Space Chamber® horizontal and put the mouthpiece between the child's teeth and let it close its lips to form a good seal.
- 13a. *the Standard method*
- Let the child fully exhale, if possible.
 - Press down on the inhaler canister once at the start of inhalation.
 - **Let the child inhale and exhale slowly 5 times through the Space Chamber®.** The air vents should open and close visibly.
- 13b. If the provider considers it a possibility: the one-breath method.
- Let the child fully exhale, if possible.
 - Press down on the inhaler canister once at the start of inhalation.
 - Let the child inhale deeply with steady, moderate force and hold breath for 10 seconds.
14. If an extra dose is prescribed, remove the inhaler from the Space Chamber® and repeat steps 8 to 13. Do not press more than one dose in the Space Chamber® at a time.
15. Remove the inhaler from the Space Chamber®. Put the cap back on the inhaler.
16. 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

17. Clean the Space Chamber® once a week.
18. Dismantle the Space Chamber®. Remove the flexible back piece (put your thumb in it and pull it out).
19. Wash all parts of the inhaler in lukewarm, (clean) soapy water.
20. Do not wash or dry the Space Chamber®.

- 21. Let the Space Chamber® air dry.
- 22. Make sure the components are dry before the Space Chamber® 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. Recommended is to tally the doses and note 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 Space Chamber® once a year.

Finally

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