

Name patient:.....

Date:.....

Name of the instructor: .....

## Inhalation protocol pressurized metered-dose inhaler Space Chamber® with mask

*Please note: only use mask if inhalation is not possible with mouthpiece*

### Patient information

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

### Preparation

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

Wash all parts of the inhaler in lukewarm, (clean) soapy water. Do not spool off or dry the Space Chamber®.

For a new metered-dose inhaler: shake the inhaler well and spray three doses;

If the inhaler has not been used for one week or longer: shake the inhaler well and spray one dose.

#### **Before every use**

2. The mouth must be empty.

3. Remove the cap from the inhaler.

4. Shake the inhaler well.

5. Put the inhaler with the opening downwards into the Space Chamber®. The inhaler with the Space Chamber® is now ready for use.

### Inhalation

6. Sit or stand up straight with your head slightly backwards.

7. Hold the Space Chamber® horizontal and apply mask to face and ensure an effective seal over mouth and nose.

8. - Press down on the inhaler canister once at the start of inhalation

- Inhale and exhale 5 times slowly through the Space Chamber®. For every inhalation, open and close the cover of the mouthpiece. Make sure to keep a good seal.

9. If an extra dose is prescribed, remove the inhaler from the Space Chamber® and repeat steps 4 to 8.

10. Remove the inhaler from the Space Chamber®.

11. 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

12. Clean the Space Chamber® once a week.

13. Wash all parts of the inhaler in lukewarm, (clean) soapy water.

14. Do not spool off or dry the Space Chamber®.

15. Let the Space Chamber® air dry.

### Important points

16. Estimate when the inhaler will be empty. The number of doses which the inhaler contains is listed on the side of the inhaler. Count the dosages and note the start date. Some inhalers have a dose counter to tell you exactly how many doses are left.

17. Keep the inhaler at room temperature.

18. Replace the Space Chamber® once a year.

**Finally**

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