

Name patient:.....

Date:.....

Name of the instructor:

Inhalation protocol pressurized metered-dose inhaler Space Chamber® 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 Space Chamber (except the inhaler!) in lukewarm, (clean) soapy water. Do not 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. Shake the inhaler well.
4. Put the inhaler with the opening downwards into the Space Chamber®. The inhaler with the Space Chamber® is now ready for use.

Inhalation

5. Sit or stand up straight with your head slightly backwards.
6. Keep the Space Chamber® horizontal and put the mouthpiece between teeth and close lips to form a good seal.
7. - Exhale slowly and completely.
- Press down on the inhaler canister once at the start of inhalation
- 7a. Inhale as deeply as possible with steady, moderate force. Hold breath for 10 seconds.
- 7b. *If inhalation is not possible in one try:*
Inhale and exhale 5 times slowly through the Space Chamber®. Each time you breathe in and out the cover of the mouthpiece should open and close.
8. If an extra dose is prescribed, remove the inhaler from the Space Chamber® and repeat steps 3 to 7.
9. Remove the inhaler from the Space Chamber®.
10. 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

11. Clean the Space Chamber® once a week.
12. Wash all parts (except the inhaler!) in lukewarm, (clean) soapy water.
13. Do not spool off or dry the Space Chamber®.
14. Let the Space Chamber® air dry.

Important points

15. 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.
16. Keep the inhaler at room temperature.
17. Replace the Space Chamber® once a year.

Finally

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