

Name patient:.....

Date:.....

Name of the instructor: .....

## Inhalation protocol Spiromax®

### Patient information

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

### Preparation

#### Before the first use:

2. The Spiromax® is wrapped in foil: remove the foil just before the first use.

#### Before every use:

3. The mouth must be empty.  
 4. Hold the Spiromax® upright, with the cap at the lower side.  
 5. Open the cap completely until you hear a click.  
 6. The Spiromax® is now ready for use.

### Inhalation

7. Sit or stand up straight with your head slightly backwards.  
 **8. Exhale slowly and completely, not into the Spiromax®.**  
 9. Put the mouthpiece between teeth and close lips to form a good seal. Do not cover the air vents.  
 **10. Inhale as deeply as possible with steady, moderate force.**  
 11. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Spiromax® from the mouth.  
 12. Exhale slowly, not into the Spiromax®.  
 13. Put the inhaler cap back, the dose counter will calculate the remaining doses.  
 14. Repeat steps 4 to 13 if necessary.  
 15. 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

16. Clean the mouthpiece with a dry tissue, never rinse it with water. Clean the mouthpiece before closing the cap.

### Important points

17. The Spiromax® contains 60 or 120 doses when full. The dose counter indicates how many doses are left.  
 18. Keep the Spiromax® at room temperature, and away from damp or possible sources of humidity such as the bathroom or kitchen.

**Finally**

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