

Name patient:.....

Date:.....

Name of the instructor: .....

## **Inhalation protocol pressurized metered-dose inhaler Babyhaler® with mask (for children)**

*For children from the age 1 to 4*

### **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 wash or dry the Babyhaler®.

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. Assemble the Babyhaler®.
4. Check the function of the blue valves. Put the mask on a horizontal surface and push the Babyhaler® gently up and down, the blue valves should move visibly.
5. Remove the cap from the inhaler.
6. Shake the inhaler well.
7. Put the inhaler with the opening downwards into the Babyhaler®. The inhaler with the Babyhaler® is now ready for use.

### **Inhalation**

8. Let the child sit or stand up straight with his/her head slightly backwards.
9. Hold the Babyhaler® horizontal and apply the mask to the child's face and ensure an effective seal over mouth and nose.
10. - Press down on the inhaler canister once.  
- Let the child inhale and exhale slowly 10 times through the Babyhaler®. Make sure to keep an effective seal and that there are no tears on the child's cheeks. The blue valves will move visibly.
11. If an extra dose is prescribed, remove the inhaler from the Babyhaler® and repeat steps 6 to 10. Do not press more than one dose into the Babyhaler®.
12. Remove the inhaler from the Babyhaler®, put the cap back on.
13. 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. Afterwards, wash the face of the child.

### **Cleaning**

14. Clean the Babyhaler® once a week.
15. Disassemble the Babyhaler®.

- 16. Wash all parts of the inhaler in lukewarm, (clean) soapy water.
- 17. Do not wash or dry the Babyhaler®.
- 18. Let the Babyhaler® air dry.
- 19. Make sure the components are dry before the Babyhaler® is assembled.

**Important points**

- 20. 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.
- 21. Keep the inhaler at room temperature.
- 22. Replace the Babyhaler® once a year.
- 23. In case of daily use, replace the blue valves after half a year, or before if the valves are damaged.

**Finally**

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