

Name patient:.....

Date:.....

Name of the instructor: .....

## Inhalation protocol pressurized metered-dose inhaler Vortex<sup>®</sup> with mask (for children)

For children from the age of 0 to 2 years: infant mask orange (ladybug)

For children from the age of 2 to 4 years: toddler mask green (frog)

For the age from 4 years, if conscious inhalation with mouthpiece is not possible: either the adult mask (blue) or the toddler green (frog), which has a better fit.

### Patient information

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

### Preparation

#### *Before the first use:*

1. Remove the cap from both the inhaler and the Vortex<sup>®</sup>.

2. Shake the inhaler well and spray three doses.

#### *Before every use:*

3. Remove the cap from the inhaler.

4. If the inhaler has not been used for one week or longer: shake the inhaler well and spray one dose (not into the Vortex<sup>®</sup>).

5. The mouth must be empty.

6. Shake the inhaler well.

7. Put the inhaler with the opening downwards straight into the (backside of the) Vortex<sup>®</sup>.

8. The inhaler with the Vortex<sup>®</sup> is now ready for use.

### Inhalation

9. Let the child sit on your lap or a chair, or stand up straight with his/her head slightly backwards.

10. Hold the Vortex<sup>®</sup> horizontal and apply the mask to the child's face and ensure an effective seal over mouth and nose.

11.- Press down on the inhaler canister once.

- Let the child inhale and exhale slowly 5 to 10 times through the Vortex<sup>®</sup>.

- Make sure to keep an effective seal and that there are no tears on the child's cheeks.

12. If an extra dose is prescribed, shake the inhaler with the Vortex<sup>®</sup> well and repeat steps 5 to 11. Do not press more than one dose into the Vortex<sup>®</sup>.

13. Remove the inhaler from the Vortex<sup>®</sup> and put the cap back on the inhaler (not on the Vortex<sup>®</sup>).

14. After inhaling corticosteroids, rinse your mouth briefly with water: gargle and spit with the first mouthful then swallow the second mouthful. Wash the face as well.

### Cleaning

15. Clean the Vortex<sup>®</sup> once a week.

16. Dismantle the Vortex<sup>®</sup>. Remove the mask from the Vortex<sup>®</sup>.

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

18. Rinse the Vortex<sup>®</sup>, but do not dry it with a cloth (shake it out until it air dries).

19. Make sure the components are dry before the Vortex<sup>®</sup> 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. A suggestion is to tally the doses and put down the date of embarking. Some inhalers have a dose counter to tell you exactly how many doses are left.

21. Keep the inhaler at room temperature.

22. Replace the Vortex<sup>®</sup> once a year.

23. With the one-handed operation aid for the Vortex<sup>®</sup>, it is possible to use it with one hand and makes it also easier to use it for people with lower strength. Please note this does not work with every inhaler.

**Finally**

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