

Name patient:.....

Date:.....

Name of the instructor:

Inhalation protocol pressurized metered-dose inhaler Vortex[®] with mouthpiece

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[®].
 2. Shake the inhaler well and spray three doses (not into the Vortex[®]).

Before every use:

3. Remove the cap from both the inhaler and the Vortex[®].
 4. If the inhaler hasn't been used for a week, shake the inhaler well and spray one dose.
 5. The mouth has to be empty.
 6. Shake the inhaler well.
 7. Put the inhaler with the opening downwards into (the backside of) the Vortex[®].
 8. The inhaler with the Vortex[®] is now ready for use.

Inhalation

9. Sit or stand up straight with your head slightly backwards.
 10. Exhale completely.
 11. Hold the Vortex[®] horizontal and put the mouthpiece between teeth and close lips to form a good seal.
- Press down the inhaler canister once at the start of a slow inhalation.
A. Inhale and exhale slowly 5 times through the Vortex[®].
If inhaling in once works well:
B. Inhale once slowly and deeply and hold breath for 10 seconds.
It is up to the doctor/nurse which method is more appropriate.
 12. If an extra dose is prescribed, shake the inhaler with the Vortex[®] well and repeat steps 5 to 11. Do not press more than one dose into the Vortex[®].
 13. Remove the inhaler from the Vortex[®], put the cap back on the inhaler (not onto the Vortex[®]).
 14. 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

15. Clean the Vortex[®] once a week.
 16. Dismantle the Vortex[®]. Remove the mouthpiece from the Vortex[®].
 17. Wash all parts of the inhaler in lukewarm, (clean) soapy water.
 18. Rinse the Vortex[®], shake the water well off.
 19. Make sure the components are dry before the Vortex[®] 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[®] once a year.
 23. With the one-handed operation aid for the Vortex[®], 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.