

Name patient:.....

Date:.....

Name of the instructor:

Inhalation protocol pressurized metered-dose inhaler Vortex[®] with mouthpiece (for children)

From the age of four

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 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[®]).
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[®].
8. The inhaler with the Vortex[®] is now ready for use.

Inhalation

9. Let the child sit or stand up straight with his/her head slightly backwards.
10. Keep the Vortex[®] horizontal and put the mouthpiece between the child's teeth and let it close its lips to form a good seal.
- 11.- Let the child fully exhale, if possible.
- Press down on the inhaler canister once at the start of inhalation.
 - **Let the child inhale and exhale slowly 5 times through the Vortex[®].**
12. If an extra dose is prescribed, remove the inhaler from the Vortex[®] and repeat steps 5 to 11. Do not press more the one dose in the Vortex[®] at a time.
13. Remove the inhaler from the Vortex[®]. Put the cap back on the inhaler (not on the Vortex[®]).
14. 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

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.