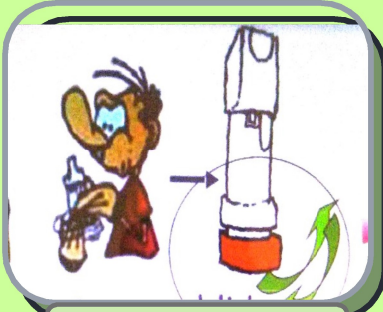


## 6. USE OF DRY POWDER INHALERS MULTIDOSE (TYPE SYMBICORT)



1. OPEN



2. LOAD—CLICK



3, EXHALE  
(BREATHE OUT)



4.INSPIRE (TAKE  
AIR ) SLOWLY



5. HOLD THE AIR SO  
THE MEDICATION  
DONT'T LEAVE



6. WASH YOUR  
MOUTH

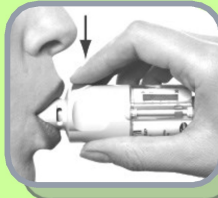
## 7. INSTRUCTIONS TO USE SPIRIVA RESPIMAT.



1.TURN-CLICK



2. OPEN



INSERT IN YOUR MOUTH

PRESS THE BOTTON

INHALE SLOWLY AND DEEP  
HOLD THE AIR



AMPTY

FULL

If we get to the red  
area we have  
remains about 7 days  
of medication.  
If you reach the end  
of the red zone,  
medication will be  
empty

Unidad Gestión Clínica M. Interna  
Hospital La Inmaculada. AGS Norte-Almería  
Huércal-Overa (Almería).  
950 029 286 - Área 5.950 029 223 - Área 6.



## RECOMENDATIONS FOR THE USE OF INHALERS

Guide of recomendations from UGC  
*of Medicina interna from  
H. La Inmaculada.*



### 1. WHAT ARE INHALERS?

These are devices that allow medication to be passed into the airways (bronchi/lungs) with the breathing.

The people who use them must be well trained in the technique because if they don't do it correctly the treatment is ineffective.

### 2. WHAT ARE THE SPACE CHAMBERS FOR INHALERS?



They are used with so-called pressurized cartridge inhalers. By depressing the inhaler the medication remains suspended inside the chamber and with the breaths (inspiration/expiration) we are introducing it to the airways.

They do not require coordination between pulsation and inspiration and improve the entry of the drug into the lungs preventing it from staying in the mouth.

### 3. WHEN DO I TAKE THEM?

Follow the guidelines your nurse/doctor gives you when regard.

It does not matter to take them before or after eating, but It is recommended that you take them before (5-10 min) in order to reduce fatigue with meals

### 4. USE OF INHALERS WITH SPACE CHAMBER

1. Sitting or standing up to make it easier for the lungs to have more capacity.
2. Remove the cap from the inhaler, shake it and place it on the end of the chamber tightly.
3. Exhale (blow) without forcing.
4. Place the mouthpiece in the mouth between the teeth, keeping the inhaler upright and closing the lips around the mouthpiece.
5. Depress the inhaler to release a puff of medication.
7. Breathe in slowly 4 to 6 times through the mouthpiece keeping your lips tight around it to ensure proper introduction of the medication into your lungs.
8. If the dose needs to be repeated, wait 1-2 minutes and repeat all steps for each inhalation.
9. Rinse mouth with water and gargle.

### 5. CLEANING AND MAINTENANCE OF THE CHAMBER.

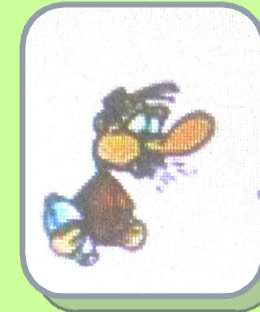
1. Disassemble the camera.
2. Washing with soap and water, which eliminates 90% of germs on surfaces, and rinsing with water
3. Let air dry. DO NOT DRY WITH A CLOTH OR PAPER!!!.
4. Carry out every 7-15 days.



1. SHAKE



2. ENGAGE



3. BLOW



4. PRESS ONE TIME



5. BREATH  
5-6 TIMES



6. RINSE YOUR MOUTH