

Name patient:.....

Date:.....

Name of the instructor:

Inhalation protocol Breezhaler®

Patient information

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

Preparation

2. Every package contains 1 inhaler (Breezhaler®) and 1 or more blisters with capsules. For every new package, use the included Breezhaler®.

3. The mouth must be empty, wash and dry hands.

4. Only remove a capsule from the blister just before use.

5. Remove the cap from the inhaler and tilt the mouth piece open.

6. Remove a capsule from the blister and put the capsule into the capsule chamber and close the Breezhaler® (you will hear a 'click').

7. Keep the Breezhaler® upright with the mouthpiece facing up.

8. Pierce the capsule by firmly pressing together both coloured buttons at the same time, then release the buttons. Check if the buttons have returned to their starting positions.

9. The Breezhaler® is now ready for use. Do not tilt or shake the device after priming.

Inhalation

10. Sit or stand up straight with your head slightly backwards.

11. Exhale slowly and completely, not into the Breezhaler®.

12. Bring the Breezhaler® horizontal to the mouth (the colored buttons should be facing left and right).

13. Put the mouthpiece between teeth and close lips to form a good seal.

14. Inhale as deeply as possible with steady, moderate force. The inhalation is strong enough when the capsule vibrates (rattles) during the inhalation.

15. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Breezhaler® from the mouth.

16. Exhale slowly.

17. Repeat steps 10 to 16 to inhale remaining powder if necessary.

18. Remove the empty capsule, close the Breezhaler® and put the cap back on.

Cleaning

19. Clean the mouthpiece on the inside and the outside with a clean, dry, and lint-free cloth. Never clean the Breezhaler® with water.

Important points

20. Keep the Breezhaler® and the capsules at room temperature in a dry place (not in the bathroom or kitchen). Keep the capsules in the blister in a dry place.

21. Do not use any other inhalation medicines with the Breezhaler®, unless it is prescribed.

Finally

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