

Name patient:.....

Date:.....

Name of the instructor:

Inhalation protocol Cyclohaler®

Patient information

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

Preparation

2. The mouth must be empty.
3. Hold the lower side of the Cyclohaler® firmly and remove the cap.
4. Rotate the mouthpiece in the direction of the arrow.
5. Just before use, take one capsule from the blister strip and place the capsule in the chamber.
6. Close the mouthpiece until you hear a 'click' , leave the cap open.
7. Hold the Cyclohaler® upright with the mouthpiece facing up.
8. Press the blue buttons once fully against the base, then release the buttons.
9. The Cyclohaler® is now ready for use.

Inhalation

10. Sit or stand up straight with your head slightly backwards.
- 11. Exhale slowly and completely, not into the Cyclohaler®.**
12. Bring the Cyclohaler® horizontal towards the mouth.
13. Put the mouthpiece between teeth and close lips to form 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 Cyclohaler® from the mouth.
16. Exhale slowly.
17. Repeat steps 10 to 16 to inhale remaining powder if necessary.
18. Open the mouthpiece and remove the empty capsule, then close the mouthpiece.
19. If an extra dose is prescribed, repeat steps 5 to 18.
20. 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

21. Clean the Cyclohaler® once per week.
22. Unscrew the mouthpiece and pull it off the rotation chamber.
23. Rinse the mouthpiece in lukewarm, flowing water.
24. Let the mouthpiece air dry.
25. Clean the rotation chamber with the provided brush. Press the buttons several times, so the perforation needles can be cleaned as well.

Important points

26. Keep the inhaler at room temperature (not in the bathroom or kitchen).
27. Replace the Cyclohaler® at least twice a year.

Finally

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