

Name patient:.....
Date:.....
Name of the instructor:

Inhalation protocol Easyhaler®

Patient information

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

Preparation

Before the first use

2. Remove the inhaler from the plastic bag just before the first use.

Before every use

3. The mouth should be empty.
 4. Remove the cap from the inhaler.
 5. Shake the inhaler well and keep it upright.
 6. Keep the Easyhaler® upright with the mouthpiece down. Press the Easyhaler® completely until you hear a 'click', then release the Easyhaler® and you will hear another 'click'.
 7. The Easyhaler® is now ready for use.

Inhalation

8. Sit or stand up straight with your head slightly backwards.
 9. **Exhale slowly and fully**, not into the Easyhaler®.
 10. Bring the Easyhaler® towards the mouth.
 11. Put the mouthpiece between teeth and close lips to form good seal.
 12. **Inhale as deeply as possible with steady, moderate force.**
 13. Hold breath for 10 seconds, or as long as comfortable. Meanwhile remove the inhaler from the mouth.
 14. Exhale gently.
 15. Replace the cap.
 16. If an extra dose is needed, repeat steps 4 to 15.
 17. 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

18. Clean the mouthpiece with a dry tissue

Important points

19. The Easyhaler® contains 100 or 200 doses, the counter indicates the remaining doses.
 20. Keep the inhaler at room temperature (not in the bathroom or kitchen).
 21. It is recommended to keep the Easyhaler in the protective cover.

Finally

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