

# Inhalation protocol Ellipta®

## Patient information

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

## Preparation

### *Before the first use*

- 2. The Ellipta® is sealed in foil, which should be removed just prior to the first usage.

### *Before every use*

- 3. The mouth must be empty.
- 4. Hold the Ellipta® upright with the cap at the upper side.
- 5. Open the Ellipta® by sliding the cap down until you hear a 'click'. This will move the dose counter on by one dosage.
- 6. The Ellipta® is now ready for use.

## Inhalation

- 7. Sit or stand up straight with your head slightly backwards.
- 8. Exhale slowly and fully, not into the Ellipta®.**
- 9. Bring the Ellipta® up horizontally towards your mouth.
- 10. Put the mouthpiece between teeth and close lips to form good seal. Make sure the air vents are open and are facing upwards.
- 11. Inhale as deeply as possible with steady, moderate force.**
- 12. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Ellipta® from the mouth.
- 13. Exhale slowly.
- 14. Clean the mouthpiece with a dry tissue; never rinse it with water.
- 15. Close the Ellipta® by sliding the cap back until you hear a 'click'.
- 16. After inhalation, 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

- 17. Clean the mouthpiece only directly after inhalation, before sliding the cap back on. See step 14.

## Important points

- 18. The Ellipta® contains 30 inhalations; the dose counter indicates the number of doses remaining.
- 19. Keep the Ellipta® at room temperature away from damp or potential sources of humidity such as the bathroom or kitchen.
- 20. If the cap is opened and then closed again without taking an inhalation, the dose will be lost.

## Finally

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