

Name patient:.....

Date:.....

Name of the instructor:

Inhalation protocol Elpenhaler®

Patient information

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

Preparation

2. The mouth must be empty.
3. Take the Elpenhaler® out of the package and put it on the table.
4. Open the storage compartment, take out a blister strip and close the storage compartment again.
5. Open the transparent cover to the side and fold the mouthpiece to the back.
6. Place the blister strip on the designated position and put the opening of the blister strip around the attachment point by applying light pressure.
7. Close the mouthpiece and pull away the projecting end of the blister strip (only just before inhalation).
8. The Elpenhaler® is now ready for use.

Inhalation

9. Sit or stand up straight with your head slightly backwards.
- 10. Exhale slowly and completely, not into the Elpenhaler®.**
11. Bring the Elpenhaler® towards the mouth with the strip opening on the upper side.
12. Put the mouthpiece between teeth and close lips to form a good seal.
- 13. Inhale as deeply as possible with steady, moderate force (approximately 4 seconds).**
14. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Elpenhaler® from the mouth.
15. Open the mouthpiece to check if the complete dose is inhaled, (if necessary repeat steps 9 to 14) and remove the blister strip.
16. 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

17. Never rinse the Elpenhaler® with water, if necessary clean the mouthpiece with a dry tissue.

Important points

18. The Elpenhaler® contains 60 doses (blister strips).
19. Keep the inhaler at room temperature (not in the bathroom or kitchen).

Finally

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