

Name patient:.....

Date:.....

Name of the instructor: .....

## Inhalation protocol HandiHaler®

### Patient information

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

### Preparation

2. The mouth must be empty.
3. Open the cap of the HandiHaler® and open the mouthpiece.
4. Take one capsule from the blister strip (if a second capsule becomes visible, this one should be thrown away). Place the capsule in the chamber.
5. Close the mouthpiece until you hear a 'click' , leave the cap open.
6. Hold the HandiHaler® vertically and press the green button once fully against the base, then release.
7. The HandiHaler® is now ready for use, don't move the HandiHaler® unnecessarily.

### Inhalation

8. Sit or stand up straight with your head slightly backwards.
- 9. Exhale slowly and completely, not into the HandiHaler®.**
10. Bring the HandiHaler® horizontal towards the mouth (with the green button at the side).
11. Put the mouthpiece between teeth and close lips to form a good seal.
- 12. Inhale as deeply as possible with steady, moderate force. The inhalation is strong enough when the capsule vibrates (rattles) during the inhalation.**
13. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the HandiHaler® from the mouth.
14. Exhale slowly, not into the HandiHaler®
15. Repeat steps 7 to 14 to inhale remaining powder if necessary.
16. Open the mouthpiece and remove the empty capsule, then close the HandiHaler®.

### Cleaning (HandiHaler® once per week)

17. Open the cap and the mouthpiece, push the green button upwards to open the capsule holder.
18. Rinse all parts of the inhaler in lukewarm, flowing water. Shake out the water and leave the inhaler to air dry (this will take approximately 24 hours).
19. Clean the mouthpiece and the outer side of the HandiHaler® with a dry tissue.

### Important points

20. Replace the HandiHaler® at least twice a year.
21. Keep the inhaler at room temperature (not in the bathroom or kitchen).

### Finally

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