

Name patient:.....

Date:.....

Name of the instructor:

Inhalation protocol NEXThaler®

Patient information

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

Preparation

2. The mouth must be empty.
3. Hold the NEXThaler® steady in upright position and remove the cover from the inhaler.
4. The NEXThaler® is now ready for use.

Inhalation

5. Sit or stand up straight with your head slightly backwards.
6. **Exhale slowly and completely, not into the NEXThaler®.**
7. Put the mouthpiece between teeth and close lips to form a good seal. Do not cover the air vents.
8. **Inhale as deeply as possible with steady, moderate force. Within the first second, you will hear a 'click'. Do not stop inhaling.**
9. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the NEXThaler® from the mouth.
10. Exhale slowly, not into the NEXThaler®.
11. Close the cover fully and check that the dose counter has gone down by one.
12. 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

13. Clean the mouthpiece with a dry tissue, never rinse it with water

Important points

14. Keep the NEXThaler® at room temperature (not in the bathroom or kitchen).

Finally

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