

Name patient:.....

Date:.....

Name of the instructor: .....

## Inhalation protocol Novolizer®

### Patient information

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

### Preparation

#### *Before the first use*

2. Lightly press together the ribbed surface of both sides of the lid, move the lid forwards, and lift it.
3. Remove the protective foil from the cartridge container and place the cartridge in the Novolizer® with the dose counter facing the mouthpiece.
4. Put back the lid in reverse order until it snaps into place.

#### *Before every use*

5. The mouth must be empty.
6. Keep the Novolizer® horizontal with the button on the upper side. Remove the cap from the inhaler.
7. Press the button at the back side fully: a double 'click' will follow and the color of the control window will turn green. Only do this just before inhalation.
8. Release the button.
9. The Novolizer® is now ready for use.

### Inhalation

10. Sit or stand up straight with your head slightly backwards.
- 11. Exhale slowly and completely, not into the Novolizer®.**
12. Put the mouthpiece between teeth and close lips to form a good seal.
- 13. Inhale as deeply as possible with steady, moderate force.** The inhalation is sufficiently strong if there is a 'click' within the first second.
14. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Novolizer® from the mouth.
15. Exhale slowly, not into the Novolizer®.
16. Check if the color of the control window has turned red.
17. Repeat steps 7 to 16, if a second inhalation is necessary.
18. Replace the cap on the mouthpiece.
19. 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 (only when the cartridge has to be replaced)

20. Remove the lid and the cartridge first, then remove the cap.
21. Remove the mouthpiece by turning it counterclockwise (rotate it to the left).
22. Keep the Novolizer® upside down, pull the powder channel towards you and lift it.
23. Clean the mouthpiece, the powder channel and the inhaler with a soft, dry, lint-free cloth.
24. Optional: softly shake out the powder residue. Do not use water or cleanser.
25. Mounting: fasten the powder channel (insert it obliquely) and the mouthpiece (insert the pin into the groove and turn clockwise), replace the cap.

### Important points

26. The dose counter indicates the remaining doses.
27. Keep the inhaler at room temperature and in a dry place (not in the bathroom or kitchen).
28. Replace the Novolizer® once a year.

**Finally**

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