

Name patient:.....

Date:.....

Name of the instructor: .....

## Inhalation protocol Podhaler®

### Patient information

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

### Preparation

#### Before every use:

2. The mouth must be empty.
3. Make sure there is a clean, dry worktop. Place a glass of water within reach.
4. Wash and dry both hands.
5. Tear off a strip of 4 capsules.
6. Hold the lower, ribbed, side of the Podhaler® and unscrew the upper side of the storage case counterclockwise.
7. Place the base of the Podhaler® upright on the worktop.
8. Hold the central part of the Podhaler® and unscrew the mouthpiece by rotating the ribbed side counterclockwise. Place the mouthpiece on the worktop.
9. Just before use, take one capsule from the foil strip. Avoid forcing the capsule through the foil. Place the capsule directly into Podhaler®.
10. Hold the Podhaler®, put the mouthpiece back and rotate the Podhaler® with the blue button pointing upwards.
11. Take the Podhaler® from the storage case and rotate it until the blue button is pointing upwards and the mouthpiece pointing downwards.
12. Puncture the capsule by pressing the blue button with your thumb and release the button.
13. The Podhaler® is now ready for use. Avoid shaking or dropping the inhaler after pressing the button since this may result in loss of medication.

### Inhalation

14. Sit or stand up straight with your head slightly backwards.
15. **Exhale slowly and completely, not into the Podhaler®.**
16. Put the mouthpiece between teeth and close lips to form a good seal.
17. **Inhale as deeply as possible with steady, moderate force.**
18. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Podhaler® from the mouth.
19. Take a short break while breathing in and out slowly a few times.
20. Repeat steps 14 to 19 for a second inhalation.
21. Unscrew the mouthpiece of the Podhaler® and remove the capsule.

Please note:

- If the capsule is empty, it can be disposed of.
  - If the capsule has been punctured, but it is not empty, place it back in the Podhaler with the puncture holes facing downwards. Replace the mouthpiece and repeat the inhalation.
  - If the capsule is full and has not been punctured, put it back and puncture it again. Repeat inhalation.
  - In case the capsule has not been punctured the second time, there may be a fault with the device: use the spare Podhaler®.
22. Repeat from step 7 for the three remaining capsules.

23. After inhaling, 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**

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

25. Put the Podhaler® back in its storage case and close the socket.

### **Important points**

26. Sometimes using this device causes excessive coughing. This problem may be mitigated by breathing in more slowly.

27. Use only the included capsules (which contain 28 mg of tobramycin) in the Podhaler®.

28. The tobramycin capsules are included in the monthly package which contains 4 weekly packages and a spare Podhaler® in a storage case. Each weekly package contains:

- One Podhaler® in a storage case, which should be used only for 7 days then replaced.
- 7 capsule strips: one strip for each day in the week, a morning dosage and evening dosage.

30. Keep the Podhaler® and the included capsules at room temperature and away from damp and potential sources of humidity such as a bathroom or kitchen.

### **Finally**

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