

Name patient:.....
Date:.....
Name of the instructor:

Inhalation protocol Twincer®

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. Remove the Twincer® from the package.
 4. Put the Twincer® on the table and remove the protruding blister strip.
 5. After removing the blister strip, the Twincer® is ready for use.

Inhalation

6. Sit or stand up straight with your head slightly backwards.
 7. Exhale slowly and completely, not into the Twincer®.
 8. Bring the Twincer® horizontally towards the mouth.
 9. Put the mouthpiece between teeth and close lips to form a good seal.
 10. Inhale as deeply as possible with steady, moderate force.
 11. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Twincer® from the mouth.
 12. Exhale slowly, not into the Twincer®.
 13. Check whether the blister is empty and if not, repeat the inhalation (steps 6 to 12).
 14. 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

15. The Twincer® is for one-off use. Dispose of the Twincer® appropriately after use.

Important points

16. Keep the Twincer® at room temperature, and away from possible humid environments such as the bathroom or kitchen.

Finally

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