

Name patient:.....

Date:.....

Name of the instructor:

Inhalation protocol Zonda® inhaler

Patient information

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

Preparation

2. The mouth has to be empty.
3. Open the protective cap and then the mouthpiece by pulling this one upwards.
4. Take one capsule from the bottle and close the bottle.
5. Place the Zonda® upright with the mouthpiece facing up.
6. Place the capsule in the capsule compartment.
7. Close the mouthpiece until a click is heard, leaving the cap open.
8. Press the piercing button completely in only once and then release the button.
9. The Zonda® is now ready for use.

Inhalation

10. Sit or stand up straight with your head slightly backwards.
11. Exhale fully and slowly, not into the Zonda®.
12. Bring the Zonda® horizontal towards the mouth.
13. Put the mouthpiece between teeth and close lips to form good seal.
- 14. Inhale as deeply as possible with steady, moderate force.** The inhalation is strong enough when you can hear the capsule making a vibrating noise.
15. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Zonda® from the mouth.
16. Exhale slowly.
17. Repeat steps 10 to 16, to inhale remaining powder.
18. Open the mouthpiece and remove the capsule. Close the mouthpiece and the protective cap of the Zonda®.
19. 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

20. Clean the mouthpiece with a dry cloth.

Important points

21. Keep the bottles with the capsules well sealed.
22. Keep the Forspiro® at room temperature.

Finally

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