



# LAN

Long Alliantie Nederland

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Instructor: \_\_\_\_\_



## Inhalation protocol Ellipta®

### Patient information

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

### Preparation

#### *Before the first use*

- 2. The Ellipta® is sealed in foil, remove this foil right before the first use.

#### *Before every use*

- 3. The mouth must be empty.
- 4. Hold the Ellipta® upright with the cap at the upper side.
- 5. Open the Ellipta® by sliding the cap down until you hear a 'click'. The dose counter has been turned on.
- 6. The Ellipta® is now ready for use.

### Inhalation

- 7. Sit or stand up straight with your head slightly backwards.
- 8. **Exhale slowly and fully, not into the Ellipta®.**
- 9. Bring the Ellipta® horizontal towards your mouth.
- 10. Put the mouthpiece between teeth and close lips to form good seal. Make sure the air vents are open and are facing upwards.
- 11. **Inhale as deeply as possible with steady, moderate force.**
- 12. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Ellipta® from the mouth.
- 13. Exhale slowly.
- 14. Clean the mouthpiece with a dry tissue, never rinse it with water.
- 15. Close the Ellipta® by sliding the cap back until you hear a 'click'.
- 16. 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

- 17. Clean the mouthpiece only directly after inhalation, before the cap has been slide back. See step 14.

*Inhalation protocol Ellipta® - version 1.0*



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## Important points

- 18. The Ellipta® contains 30 inhalations, the dose counter indicates the number of doses remaining.
- 19. Keep the Ellipta® at room temperature. Do not keep the Ellipta® in the bathroom or kitchen.
- 20. If the cap has been opened and closed without inhalation, the dose will be lost.
- 21. The Ellipta® is preservable for 6 weeks after the first use.

## Finally

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

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*These English protocols are based on the inhalation protocols of the Dutch Lung Alliance and are being translated by the ADMIT group [www.admit-inhalers.org](http://www.admit-inhalers.org).*

*The Dutch Lung Alliance encourages dissemination of the protocols and the instructions. The most recent versions and terms of use can be found at the website [www.inhalatorgebruik.nl](http://www.inhalatorgebruik.nl)*