



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol Cyclohaler®

Patient information

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

Preparation

- 2. The mouth must be empty.
- 3. Hold the lower side of the Cyclohaler® firmly and remove the cap.
- 4. Rotate the mouthpiece in the direction of the arrow.
- 5. Just before use, take one capsule from the blister strip and place the capsule in the chamber.
- 6. Close the mouthpiece until you hear a 'click', leave the cap open.
- 7. Hold the Cyclohaler® upright with the mouthpiece facing up.
- 8. Press the blue buttons once fully against the base, then release the buttons.
- 9. The Cyclohaler® 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 Cyclohaler®.**
- 12. Bring the Cyclohaler® 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 the capsule vibrates (rattles) during the inhalation.**
- 15. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Cyclohaler® from the mouth.
- 16. Exhale slowly.
- 17. Repeat steps 10 to 16 to inhale remaining powder if necessary.
- 18. Open the mouthpiece and remove the empty capsule, then close the mouthpiece.
- 19. If an extra dose is prescribed, repeat steps 5 to 18.
- 20. 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

- 21. Clean the Cyclohaler® once per week.
- 22. Unscrew the mouthpiece and pull it off the rotation chamber.
- 23. Rinse the mouthpiece in lukewarm, flowing water.
- 24. Let the mouthpiece air dry.
- 25. Clean the rotation chamber with the provided brush. Press the buttons several times, so the perforation needles can be cleaned as well.

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Important points

- 26. Keep the inhaler at room temperature (not in the bathroom or kitchen).
- 27. Replace the Cyclohaler® at least twice a year.

Finally

- 28. Have a look at an instructional film which shows these steps in action. Take a look at the following website for a Dutch instructional film: www.inhalatorgebruik.nl.

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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.

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