



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol Easyhaler®

Patient information

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

Preparation

Before the first use

- 2. Remove the inhaler from the plastic bag just before the first use.

Before every use

- 3. The mouth should be empty.
- 4. Remove the cap from the inhaler.
- 5. Shake the inhaler well and keep it upright.
- 6. Keep the Easyhaler® upright with the mouthpiece down. Press the Easyhaler® completely until you hear a 'click', then release the Easyhaler® and you will hear another 'click'.
- 7. The Easyhaler® is now ready for use.

Inhalation

- 8. Sit or stand up straight with your head slightly backwards.
- 9. **Exhale slowly and fully**, not into the Easyhaler®.
- 10. Bring the Easyhaler® towards the mouth.
- 11. Put the mouthpiece between teeth and close lips to form good seal.
- 12. **Inhale as deeply as possible with steady, moderate force.**
- 13. Hold breath for 10 seconds, or as long as comfortable. Meanwhile remove the inhaler from the mouth.
- 14. Exhale gently.
- 15. Replace the cap.
- 16. If an extra dose is needed, repeat steps 4 to 15.
- 17. 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

- 18. Clean the mouthpiece with a dry tissue

Important points

- 19. The Easyhaler® contains 100 or 200 doses, the counter indicates the remaining doses.
- 20. Keep the inhaler at room temperature (not in the bathroom or kitchen).
- 21. It is recommended to keep the Easyhaler in the protective cover.

Inhalation protocol Easyhaler® - version 2.0



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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.

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