



LAN

Long Alliantie Nederland

Name: _____

Date: _____

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.

Inhalation protocol Zonda® inhaler - version 1.0