



# LAN

Long Alliantie Nederland

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

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

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



## Inhalation protocol HandiHaler®

### Patient information

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

### Preparation

- 2. The mouth must be empty.
- 3. Open the cap of the HandiHaler® and open the mouthpiece.
- 4. Take one capsule from the blister strip (if a second capsule becomes visible, this one should be thrown away). Place the capsule in the chamber.
- 5. Close the mouthpiece until you hear a 'click', leave the cap open.
- 6. Hold the HandiHaler® vertically and press the green button once fully against the base, then release.
- 7. The HandiHaler® is now ready for use, don't move the HandiHaler® unnecessarily.

### Inhalation

- 8. Sit or stand up straight with your head slightly backwards.
- 9. **Exhale slowly and completely, not into the HandiHaler®.**
- 10. Bring the HandiHaler® horizontal towards the mouth (with the green button at the side).
- 11. Put the mouthpiece between teeth and close lips to form a good seal.
- 12. **Inhale as deeply as possible with steady, moderate force. The inhalation is strong enough when the capsule vibrates (rattles) during the inhalation.**
- 13. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the HandiHaler® from the mouth.
- 14. Exhale slowly, not into the HandiHaler®
- 15. Repeat steps 7 to 14 to inhale remaining powder if necessary.
- 16. Open the mouthpiece and remove the empty capsule, then close the HandiHaler®.

### Cleaning (HandiHaler® once per week)

- 17. Open the cap and the mouthpiece, push the green button upwards to open the capsule holder.
- 18. Rinse all parts of the inhaler in lukewarm, flowing water. Shake out the water and leave the inhaler to air dry (this will take approximately 24 hours).
- 19. Clean the mouthpiece and the outer side of the HandiHaler® with a dry tissue.

### Important points

- 20. Replace the HandiHaler® at least twice a year.
- 21. Keep the inhaler at room temperature (not in the bathroom or kitchen).

*Inhalation protocol HandiHaler® - version 2.0*



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## Finally

- 22. 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](http://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](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)*