



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol Novolizer®

Patient information

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

Preparation

Before the first use

- 2. Lightly press together the ribbed surface of both sides of the lid, move the lid forwards, and lift it.
- 3. Remove the protective foil from the cartridge container and place the cartridge in the Novolizer® with the dose counter facing the mouthpiece.
- 4. Put back the lid in reverse order until it snaps into place.

Before every use

- 5. The mouth must be empty.
- 6. Keep the Novolizer® horizontal with the button on the upper side. Remove the cap from the inhaler.
- 7. Press the button at the back side fully: a double 'click' will follow and the color of the control window will turn green. Only do this just before inhalation.
- 8. Release the button.
- 9. The Novolizer® 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 Novolizer®.**
- 12. Put the mouthpiece between teeth and close lips to form a good seal.
- 13. **Inhale as deeply as possible with steady, moderate force.** The inhalation is sufficiently strong if there is a 'click' within the first second.
- 14. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Novolizer® from the mouth.
- 15. Exhale slowly, not into the Novolizer®.
- 16. Check if the color of the control window has turned red.
- 17. Repeat steps 7 to 16, if a second inhalation is necessary.
- 18. Replace the cap on the mouthpiece.
- 19. 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.

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Cleaning (only when the cartridge has to be replaced)

- 20. Remove the lid and the cartridge first, then remove the cap.
- 21. Remove the mouthpiece by turning it counterclockwise (rotate it to the left).
- 22. Keep the Novolizer® upside down, pull the powder channel towards you and lift it.
- 23. Clean the mouthpiece, the powder channel and the inhaler with a soft, dry, lint-free cloth.
- 24. Optional: softly shake out the powder residue. Do not use water or cleanser.
- 25. Mounting: fasten the powder channel (insert it obliquely) and the mouthpiece (insert the pin into the groove and turn clockwise), replace the cap.

Important points

- 26. The dose counter indicates the remaining doses.
- 27. Keep the inhaler at room temperature and in a dry place (not in the bathroom or kitchen).
- 28. Replace the Novolizer® once a year.

Finally

- 29. 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