



# LAN

Long Alliantie Nederland

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

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

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



## Inhalation protocol Redihaler®

### Patient information

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

### Preparation

In case of a new Redihaler®: shake the inhaler well and spray two doses. If the inhaler has not been used for one week or longer: shake the inhaler well and spray one dose.

#### *Before the first use:*

- 2. Shake the Redihaler® well.
- 3. Twist the upper part off.
- 4. Keep the Redihaler® upright with the mouth piece at the lower side, open the cover.
- 5. Rotate the mouthpiece away from you, press the canister twice.
- 6. Close the cover over the mouthpiece, twist the upper part back on the Redihaler®.

#### *Before every use:*

- 7. The mouth must be empty.
- 8. Shake the Redihaler® well.
- 9. Keep the Redihaler® upright with the mouth piece at the lower side, open the cover.
- 10. The Redihaler® is now ready for use.

### Inhalation

- 11. Sit or stand up straight with your head slightly backwards.
- 12. **Exhale slowly and completely, not into the Redihaler®.**
- 13. Put the mouthpiece between teeth and close lips to form a good seal. Do not cover the air vents on the upper side.
- 14. **Inhale as deeply as possible with steady, moderate force.** Meanwhile the Redihaler® will release a dose.
- 15. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Redihaler® from the mouth.
- 16. Exhale slowly.
- 17. Keep the Redihaler® upright and close the cover.
- 18. If a second dose is prescribed, wait one minute and repeat steps 8 to 17.

*Inhalation protocol Redihaler® - version 2.0*



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## Cleaning (Redihaler® once per week)

- 19. Twist off the upper part of the Redihaler®, take out the canister.
- 20. Rinse only the bottom part of the Redihaler® in warm, running water for thirty seconds.
- 21. Shake the water off and leave the Redihaler® to air dry, preferably for a whole night (if the Redihaler® has not dried sufficiently, it might block).
- 22. Put the canister and the upper part back on.
- 23. Never rinse or let the canister or the upper part get moist.

## Important points

- 24. Estimate when the inhaler will be empty. The number of doses which the inhaler contains is listed on the side of the inhaler. Count the dosages and note the start date.
- 25. Keep the inhaler at room temperature (not in the bathroom or kitchen).

## Finally

- 26. 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)*