



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol Podhaler®

Patient information

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

Preparation

Before every use:

- 2. The mouth must be empty.
- 3. Make sure there is a clean, dry worktop. Put a glass of water within reach.
- 4. Wash and dry both hands.
- 5. Tear off a strip of 4 capsules.
- 6. Hold the lower, ribbed, side of the Podhaler® and unscrew the upper side of the storage case counterclockwise.
- 7. Put the lower side of the Podhaler® upright on the worktop.
- 8. Hold the center part of the Podhaler® and unscrew the mouthpiece by rotating the ribbed side counterclockwise. Put the mouthpiece on the worktop.
- 9. Just before use, take one capsule from the strip. Do not force the capsule through the foil. Put the capsule directly into Podhaler®.
- 10. Hold the Podhaler®, put the mouthpiece back and rotate the Podhaler® with the blue button pointing upwards.
- 11. Take the Podhaler® from the storage case and rotate it until the blue button is pointing upwards and the mouthpiece pointing downwards.
- 12. Puncture the capsule by pressing the blue button with your thumb and release the button.
- 13. The Podhaler® is now ready for use. Do not make any sudden moves.

Inhalation

- 14. Sit or stand up straight with your head slightly backwards.
- 15. **Exhale slowly and completely, not into the Podhaler®.**
- 16. Put the mouthpiece between teeth and close lips to form a good seal.
- 17. **Inhale as deeply as possible with steady, moderate force.**
- 18. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Podhaler® from the mouth.
- 19. Take a short break and inhale and exhale a few time slowly.
- 20. Repeat steps 14 to 19 for a second inhalation.

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- 21. Unscrew the mouthpiece of the Podhaler® and remove the capsule.
Please note:
 - If the capsule is empty: it can be disposed.
 - If the capsule has been punctured, but it is not empty: put the capsule back with the puncture holes on the lower side. Put the mouthpiece back on and repeat inhalation.
 - If the capsule is full and has not been punctured: put the capsule back and puncture it again. Repeat inhalation.
 - In case the capsule has not been punctured the second time, use the spare Podhaler®.
- 22. Repeat from step 7 for the three remaining capsules.
- 23. 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

- 24. Clean the mouthpiece with a dry tissue, never rinse it with water.
- 25. Put the Podhaler® back in its storage case and close the socket.

Important points

- 26. After inhalation, a patient might have to cough intensely. For future use, the patient may be advised to inhale slower.
- 27. Only the included capsules (contain 28 mg of tobramycin) fit in the Podhaler®.
- 28. The tobramycin capsules are included in the month package: 4 week packages and a spare Podhaler® in a storage case. A week package contains:
 - One Podhaler® in a storage case, which should be replaced every 7 days.
 - 7 capsule strips: one strip for each day in the week, a morning dosage and evening dosage.
- 29. Keep the Podhaler® and the included capsules at room temperature. Do not keep them in the bathroom or kitchen.

Finally

- 30. 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