



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol Breezhaler®

Patient information

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

Preparation

- 2. Every package contains 1 inhaler (Breezhaler®) and 1 or more blisters with capsules. For every new package, use the included Breezhaler®.
- 3. The mouth must be empty, wash and dry hands.
- 4. Only remove a capsule from the blister just before use.
- 5. Remove the cap from the inhaler and tilt the mouth piece open.
- 6. Remove a capsule from the blister and put the capsule into the capsule chamber and close the Breezhaler® (you will hear a 'click').
- 7. Keep the Breezhaler® upright with the mouthpiece facing up.
- 8. Pierce the capsule by firmly pressing together both coloured buttons at the same time, then release the buttons. Check if the buttons have returned to their starting positions.
- 9. The Breezhaler® is now ready for use. Do not tilt or shake the device after priming.

Inhalation

- 10. Sit or stand up straight with your head slightly backwards.
- 11. **Exhale slowly and completely, not into the Breezhaler®.**
- 12. Bring the Breezhaler® horizontal to the mouth (the colored buttons should be facing left and right).
- 13. Put the mouthpiece between teeth and close lips to form a good seal.
- 14. **Inhale as deeply as possible with steady, moderate force. The inhalation is strong enough when the capsule vibrates (rattles) during the inhalation.**
- 15. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Breezhaler® from the mouth.
- 16. Exhale slowly.
- 17. Repeat steps 10 to 16 to inhale remaining powder if necessary.
- 18. Remove the empty capsule, close the Breezhaler® and put the cap back on.

Cleaning

- 19. Clean the mouthpiece on the inside and the outside with a clean, dry, and lint-free cloth. Never clean the Breezhaler® with water.

Inhalation protocol Breezhaler® - version 2.0



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Important points

- 20. Keep the Breezhaler® and the capsules at room temperature in a dry place (not in the bathroom or kitchen). Keep the capsules in the blister in a dry place.
- 21. Do not use any other inhalation medicines with the Breezhaler®, unless it is prescribed.

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.

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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