



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol Diskus® (also known as Accuhaler®)

Patient information

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

Preparation

- 2. The mouth must be empty
- 3. Keep the Diskus® horizontal, with the counter facing up.
- 4. Just before using the Diskus®, open it by pushing the thumb grip all the way over until you hear a 'click', then slide the lever down until you hear another 'click'.
- 5. The Diskus® is now ready for use. Do not tilt or shake the device once primed.

Inhalation

- 6. Sit or stand up straight with your head slightly backwards.
- 7. **Exhale slowly and completely, not into the Diskus®.**
- 8. Bring the Diskus® horizontally towards the mouth.
- 9. Put the mouthpiece between teeth and close lips to form a good seal.
- 10. **Inhale as deeply as possible with steady, moderate force.**
- 11. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Diskus® from the mouth.
- 12. Exhale slowly, not into the Diskus®.
- 13. Close the Diskus® by sliding the thumb grip back toward you until you hear a 'click'.
- 14. If an extra dose is prescribed, repeat steps 4 to 13.
- 15. 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.

Cleaning

- 16. Clean the mouthpiece with a dry tissue, never rinse it with water.

Important points

- 17. The Diskus® contains 60 doses, the counter indicates the remaining number of doses.
- 18. Keep the Diskus® at room temperature (not in the bathroom or kitchen).

Finally

- 19. 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.

Inhalation protocol Diskus® (also known as Accuhaler®) - version 2.0