



# LAN

Long Alliantie Nederland

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

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

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



## Inhalation protocol Elpenhaler®

### Patient information

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

### Preparation

- 2. The mouth must be empty.
- 3. Take the Elpenhaler® out of the package and put it on the table.
- 4. Open the storage compartment, take out a blister strip and close the storage compartment again.
- 5. Open the transparent cover to the side and fold the mouthpiece to the back.
- 6. Place the blister strip on the designated position and put the opening of the blister strip around the attachment point by applying light pressure.
- 7. Close the mouthpiece and pull away the projecting end of the blister strip (only just before inhalation).
- 8. The Elpenhaler® is now ready for use.

### Inhalation

- 9. Sit or stand up straight with your head slightly backwards.
- 10. **Exhale slowly and completely, not into the Elpenhaler®.**
- 11. Bring the Elpenhaler® towards the mouth with the strip opening on the upper side.
- 12. Put the mouthpiece between teeth and close lips to form a good seal.
- 13. **Inhale as deeply as possible with steady, moderate force (approximately 4 seconds).**
- 14. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Elpenhaler® from the mouth.
- 15. Open the mouthpiece to check if the complete dose is inhaled, (if necessary repeat steps 9 to 14) and remove the blister strip.
- 16. 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

- 17. Never rinse the Elpenhaler® with water, if necessary clean the mouthpiece with a dry tissue.

### Important points

- 18. The Elpenhaler® contains 60 doses (blister strips).
- 19. Keep the inhaler at room temperature (not in the bathroom or kitchen).

*Inhalation protocol Elpenhaler® - version 2.0*



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## Finally

- 20. 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)*