

How to use your Zonda inhaler

Inhalers are commonly prescribed for people with asthma and chronic obstructive pulmonary disease (COPD) as they are very effective at delivering the medication straight to the lungs where it is needed.

Using your inhalers correctly is an important part of managing your asthma or COPD. You should be shown how to use inhalers properly by a healthcare professional when they are first prescribed.

You may occasionally experience problems using your inhalers, especially if it has been a while since you were shown the correct technique. This is very common and you can ask your healthcare professional to help you improve your inhaler technique.



Checklist for Zonda inhaler use: Steps 1 to 11

1	Open the dust cap by pulling it upwards.
2	Open the mouthpiece by pulling it upwards, in the direction of the arrow.
3	Remove a capsule from the bottle immediately before use and close the bottle tightly. Place one capsule in the capsule-shaped compartment in the base of the inhaler. Never place a capsule directly into the mouthpiece – this is to avoid the risk of choking.
4	Close the mouthpiece until you hear it click. Leave the dust cap open.
5	Hold the inhaler with the mouthpiece upwards, and press the piercing button in completely. Release the button. Do this once only, do not repeat this action.
6	Breathe out gently as far as is comfortable away from mouthpiece and do not breathe in again yet.
7	Place the mouthpiece between your teeth without biting and form a good seal around it with your lips.
8	Breathe in through your mouth slowly and deeply enough to hear or feel the capsule vibrating inside the compartment.
9	Hold your breath for as long as you comfortably can whilst taking the inhaler out of your mouth. Then breathe normally, away from the mouthpiece.
10	Repeat steps 6 to 9 to empty the capsule completely.
11	After use, open the mouthpiece again, and tip out the empty capsule. Close the mouthpiece and cap, and store the Zonda inhaler safely.

Why is inhaler technique important?

- It allows the correct dose of medication to reach your lungs.
- It gives you better control of your condition.

Examples of Zonda inhalers	Braltus
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Common problems

Common mistakes that

people make with Zonda inhalers include:

- Piercing the capsule several times or not at all.
- Not inhaling strongly enough to draw the medication out of the Zonda inhaler and into your lungs.
- Not taking a second inhalation to ensure you receive the full dose out of the capsule.
- Not holding your breath long enough after breathing in the contents.

Useful tips

- Use a new capsule for each dose.
- The capsule is to be used in the Zonda inhaler, **NOT swallowed.**
- Do not use any other inhaler to take the capsules. Do not use the Zonda inhaler to take any other medication.
- Store capsules in the bottle they came in with the lid tightly closed. Do **not** store a capsule in the Zonda inhaler.
- Avoid breathing out into the mouthpiece at any time.
- Braltus capsules are transparent. You can check that you have inhaled all of the medication by looking at the used capsule to check that it is empty.
- Always close the Zonda inhaler after use.
- Throw away the Zonda inhaler when you have finished the capsules that came with it. Lots of pharmacies can send old inhalers to be recycled - ask your pharmacist for information. You will get a new inhaler with each new bottle of capsules.
- Speak to your nurse or pharmacist if you have problems opening or using your inhaler.
- Have your inhaler technique checked at your routine reviews. Also have it checked if control of your condition worsens, if you get a new type of device, or if for any other reason you feel it would be helpful.
- Always read the patient leaflet provided with your inhaler for any specific instructions.

Useful notes

For video demonstrations on how to use your inhaler visit:

<https://www.medwayswaleformulary.co.uk/guidancepathways/how-to-use-your-inhaler/>

Please make an appointment to reassess your inhaler technique in:

3 months		6 months		12 months	
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