

Inhaler technique

Zonda



Zonda

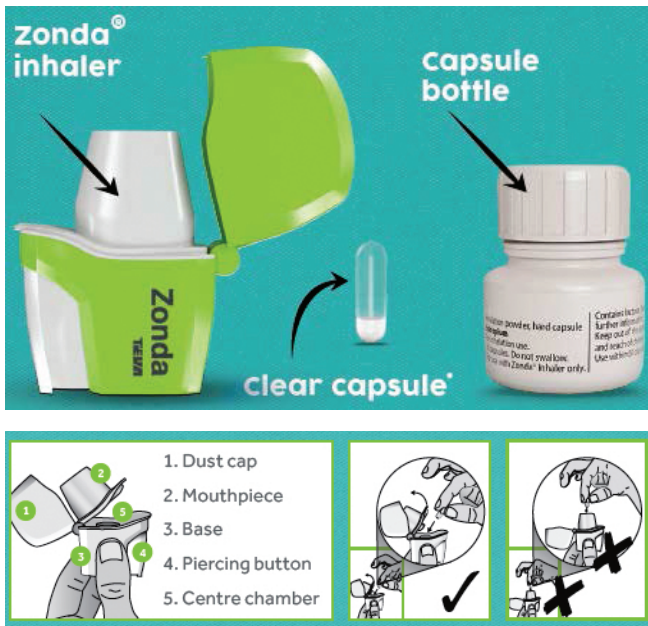
1	Open the lid of the Zonda by pulling it upwards, then open the white mouthpiece by pulling it upwards
2	From the bottle, remove a Braltus capsule and place the capsule in the centre chamber Do not place the capsule in the mouthpiece Close the bottle Close the mouthpiece and press it down until you hear a click Firmly press the green button on the side as far as it will go and release
3	Breathe out gently as far as is comfortable and NOT in the Zonda
4	Put the mouthpiece in your mouth and close your lips around it Ensure your teeth and tongue are not blocking the mouthpiece
5	Breathe in as quickly and deeply as possible You will hear and feel the capsule vibrate if you breathe in correctly
6	Remove the Zonda from your mouth and hold your breath for up to 10 seconds or as long as you feel comfortable Then breathe out slowly
7	To ensure you have inhaled all the medicine, repeat steps 3-6 Tip the capsule out If the dose has been taken correctly, the capsule should be empty and can be disposed of Close the mouthpiece and cap

Using your Zonda device

- Braltus is a long acting bronchodilator which relaxes the muscles in your airways making it easier for the air to move in and out of your lungs.
- The Braltus capsules should only be used for inhalation through your Zonda device.

- The capsules are for inhalation **only** and should **NOT** be swallowed.
- **NEVER** place a capsule directly into the mouthpiece.
- Braltus is designed to work slowly over 24 hours and therefore only needs to be used **ONCE** a day.
- If you have missed a dose, take it as soon as you remember. Do not take more than one dose in a single day.
- If you do use more than 1 capsule in a day or if you wish to stop using your Braltus, please seek medical advice.

What is inside the box?



- Your Zonda device allows you to inhale the medicine in the Braltus capsule.
- Do not use the Zonda for any other medicine.
- Your medicine is in powder form and contained in a capsule.
- Each capsule contains a small amount of the powder, so the capsule is only partially filled.

- Place capsule in the centre chamber; NEVER place a capsule in the mouthpiece.
- Store the capsules in the original container
- Clean the mouthpiece of the device with a dry cloth or tissue as needed.
- Store your inhaler at room temperature.

References

- 7 Steps to Success – Inhaler Technique (2014) (adapted)
- Asthma UK ‘How to use your inhaler’ videos Available at: <https://www.asthma.org.uk/advice/inhaler-videos/>
- Chest Heart and Stroke Scotland “My Lungs My Life” videos. Available at: <https://youtube.com/playlist?list=PLhiaAMAGlBpe9RxC6KB3cnfykZq7CjSbD>
- ‘Getting the basics right – Inhaler Technique’ Primary Care Respiratory Society (2016).

For further support and information, please contact:

Royal Sussex County Hospital

COPD Nurse Specialist: 01273 523109

Worthing Hospital

Respiratory Nurse Specialists: 01903 205111 Ext. 85858

St Richard’s Hospital

Respiratory Nurse Specialists: 01243 788122 Ext. 32395

You can also contact your community pharmacist or practice nurse for advice.

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Ref. No. 2081

Publication date: 10/2021

Review date: 10/2024

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