

# How to use your Zonda<sup>®</sup> inhaler

You have been prescribed a Zonda<sup>®</sup> inhaler to help manage your lung condition.

1. To open the Zonda<sup>®</sup> inhaler, pull the dustcap upwards. Hold the base of the Zonda<sup>®</sup> inhaler firmly and pull the mouthpiece upwards.
2. Immediately before use, remove one capsule from the bottle and close bottle tightly.
3. Place the capsule in the capsule-shaped compartment in the base of the inhaler. Close the mouthpiece firmly until you hear a click.



4. Hold the Zonda<sup>®</sup> inhaler upright and firmly press the white piercing button at the side of the inhaler once only to pierce the capsule. Release the white button.
5. Breathe out fully, away from the Zonda<sup>®</sup> inhaler.
6. Put the mouthpiece to your lips and seal your lips around the mouthpiece.
7. Breathe in slowly and deeply until your lungs are full. You will hear or feel the capsule vibrating inside the compartment.
8. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly.
9. Breathe normally.
10. Repeat steps 5-9 to make sure you get the full dose.
11. Open the mouthpiece and tip out the empty capsule and dispose of it.
12. Close the mouthpiece and dustcap.

## Always:

- Make sure that you order a new inhaler and capsules before your present capsules run out.
- Make sure that the capsules are in date. The expiry date is on the capsule bottle.
- Remove the capsule from the bottle immediately before use. Do not store the capsule in the Zonda<sup>®</sup> inhaler.
- Make sure you close the capsule bottle tightly after removing a capsule.
- Take your inhalers with you when you attend your GP, Practice Nurse or the hospital.

## Cleaning:

- Wipe the mouthpiece of the Zonda<sup>®</sup> inhaler when necessary with a clean dry tissue. Do not wash with water.

If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.

Please use this information with the manufacturer's instruction leaflet.