

Bronchitol (Mannitol) Inhalation Powder

Bronchitol is a dry powder mucolytic which is inhaled with the aim of reducing sputum viscosity (thickness), improve hydration of airways and therefore improve sputum clearance. It should be used twice daily.

How to use Bronchitol

Take any bronchodilator prescribed nebulised (Salbutamol / Terbutaline) or inhaler (Salbutamol or Bricanyl – blue) OR Symbicort – white and red) at least 10 minutes before Bronchitol

1. Get a glass of water to have just in case you need it
2. Make sure you have a clean dry surface to prepare your inhaler
3. Wash and dry your hands



5. Lift off the cap



4. Open the inhaler by turning mouth-piece in direction of arrow on the inhaler



6. Remove cap from inhaler, TRY NOT PUSH THE CAPSULE THROUGH THE FOIL as this can damage the capsule. Remove one capsule at a time.



7. Put the capsule into the capsule shaped space in the inhaler.



8. Turn the mouth-piece in to its original position, it will 'click' when it is fully closed.



9. Holding the inhaler upright and fully press both buttons 'piercing' the capsule. ONLY DO THIS ONCE.

10. Tilt the inhaler so mouth-piece faces slightly down (this moves the capsule into the right position). Breathe out away from the inhaler.



11. Tilt your head back slightly (look towards a point on the ceiling). Put the downward facing inhaler into your mouth and form a seal around the mouthpiece with your lips.

12. Take a steady / slow deep breath in and hold for 5 seconds. Try to suppress any cough.

13. Repeat your breath in so you do two inhalations per capsule.

When you breathe in, the capsule should rattle in the inhaler. If this does not happen you may need to tap the bottom of the inhaler. And repeat your breath in (you do not need to pierce the capsule again).



14. Remove the inhaler from your mouth and breathe normally.



15. Remove the capsule from the inhaler (you may need to tap the bottom). Make sure you have inhaled all the contents of the inhaler. If there is still some Bronchitol remaining in the capsule you may need to repeat steps 10-15.

16. Repeat Steps 6 – 15 for each of the 10 capsules.

17. Replace the lid of the inhaler.

18. Do Not: -

- Swallow the capsules
- Use capsules via another device (inhaler or nebuliser)
- Store capsules in the inhaler
- Press the button more than once
- Blow out through the inhaler

Looking after your inhaler

- Keep your inhaler dry (store in a dry place)
- Use a new inhaler each week
- If your inhaler breaks use another inhaler

Cleaning the inhaler

Usually the inhaler will give you the correct dose of medicine for 7 days without needing to be cleaned.

If your inhaler does need cleaning: -

- Ensure your inhaler is empty
- Wash your inhaler in warm water with mouth-piece open
- Shake it until there are no large droplets of water
- Leave to dry in the air with the mouth-piece open
- It must be allowed to dry fully (you may need to use another inhaler in the meantime)