

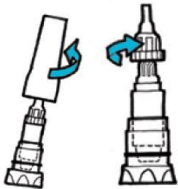
TOBI Podhaler

TOBI Podhaler is an inhaled antibiotic (Tobramycin) powder aimed at killing or stopping the growth of bacteria (primarily Pseudomonas Aeruginosa). It is taken at alternate months.

TOBI Podhaler should be taken after you have done all other nebulised / inhaled therapies and airway clearance. Especially any bronchodilator nebulised (Salbutamol / Terbutaline) or inhaler (Salbutamol / Bricanyl – blue; Symbicort – white and red) at least 10 minutes before TOBI Podhaler.

In each pack you will find: -

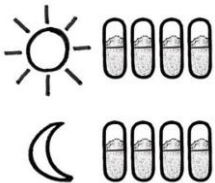
- 5 inhalers in individual cases (1 spare is provided) – each inhaler is used for 7 days then thrown away (with its case)



- 4 weeks of capsules separated into morning and evening doses



- Dose - 4 capsules inhaled twice per day with at least a 6 hour gap between each treatment

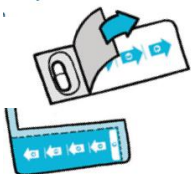


How to take your podhaler

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
4. Remove the inhaler from its case, standing the inhaler upright in base of case and unscrew the mouthpiece



5. Peel back the foil, DO NOT PUSH THE CAPSULE THROUGH THE FOIL. One capsule at a time.





6. Put the capsule into the inhaler chamber, and screw the mouthpiece back on. Holding the inhaler down press the blue button ONCE. You must now do 2 inhalations as described below.



7. Breathe out fully, place mouthpiece into your mouth forming a tight seal. Tilt your head back slightly (look towards a point on the ceiling). Inhale the powder slowly but as deeply as able, hold your breath for 5 seconds. Remove the mouthpiece and breath normally. Repeat this for a second inhalation.

8. Unscrew the mouthpiece and remove the capsule.

The capsule should be pierced twice and be empty.



If the capsule is pierced but not empty, replace capsule with pierced side in first and repeat the two inhalations.



If the capsule has not been pierced, replace capsule and repeat steps 6 – 8



9. Repeat steps 5 -8 for the remaining 3 capsules. Discard each empty capsule.

10. Wipe the mouthpiece down with a clean dry cloth. **DO NOT WASH THE INHALER IN WATER.**

11. Replace the mouthpiece and put inhaler back into its case.

12. 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

13. Store in a dry place.

14. If the inhaler gets wet / damaged through it away and use the spare inhaler.

Tell the CF MDT if you have: -

Cough / shortness of breath / chest tightness

Sore throat whilst using TOBI Podhaler / disturbed taste / rash

Haemoptysis (blood in sputum) – STOP USING TOBI PODHALER AND TELL THE CF TEAM STRAIGHT AWAY

Hearing problems

Kidney problems

Unusual difficulties in breathing (wheeze / cough)

Muscle weakness