

Bronchitol is a portable mucociliary clearance agent that can help you cough up mucus from your chest and improve your lung function if you have cystic fibrosis.

A trained healthcare professional will assess your first dose of Bronchitol (called a 'Bronchitol Initiation Dose Assessment or BIDA') to see if you get chest tightness and provide training on inhalation technique. Only after you have passed this assessment can you be started on Bronchitol treatment.

## Starting treatment with Bronchitol

**Before** inhaling Bronchitol;

- **Take your bronchodilator** (5-15 minutes before inhaling Bronchitol)
- Have a sheet of Bronchitol capsules, your inhaler and a glass of water ready (to sip during Bronchitol inhalation if necessary)
- Make sure your hands are clean and completely dry

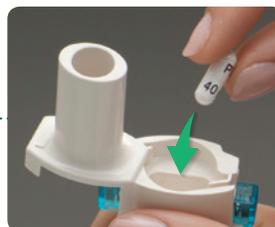


## When you are ready to inhale Bronchitol, follow these steps;

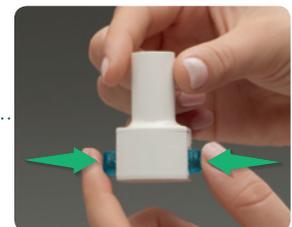
- 1** Remove the protective cap and twist open the inhaler (as shown below)



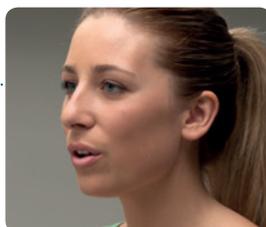
- 2** Put a capsule into the capsule chamber and close the inhaler (you should hear it 'click' shut)



- 3** Pierce the capsule **ONCE ONLY** (by pressing the two piercing buttons together at the same time)



- 4** Exhale/breathe out completely **AWAY** from the inhaler

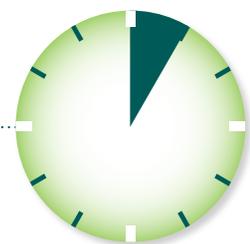


- 5** Tip the inhaler downwards, seal your lips around the mouthpiece, and **tilt your head back slightly** (as shown below)



- 6** **Inhale steadily, slowly and fully** (you should hear the capsule 'rattle' as it spins in the inhaler)

- 7** **Hold your breath for 5 seconds** (removing the inhaler from your mouth)



- 8** Exhale slowly **AWAY** from the inhaler (in a relaxed way, through your mouth/nose)

- 9** Check to see if the capsule is empty. If not you can inhale again to empty it.

**Repeat the above steps for all 10 capsules**

## SOME IMPORTANT TIPS

Aside from the good (productive) cough that Bronchitol promotes (to help you clear your lungs), inhaling a dry powder can also cause an irritant cough.

### To minimise any irritation:

- **Don't inhale too fast** - you only need to inhale fast enough to hear the capsule spin/rattle in the inhaler
- **Tilt your head back slightly when you inhale to keep your airway open** - you can look up at the ceiling when you inhale
- **Sip water between capsules if you need to** - this can help to clear your throat between inhalations



### Other useful tips:

- Moisture inside the inhaler can make the capsules stick instead of spinning properly so try not to exhale into the inhaler or get the inhaler wet (each inhaler is designed to be used for one week and then discarded so you shouldn't need to wash it).
- If you notice that you are exhaling lots of powder, remember to check that you are holding your breath for 5 seconds after inhaling Bronchitol, and that you are inhaling the powder in a relaxed and steady way.
- Bronchitol works best if the 10 capsules are inhaled closely together over a few minutes so try not to wait too long between capsules.
- Bronchitol helps you to cough up mucus from your lungs, so remember to take Bronchitol at least 2-3 hours before you go to bed so it can work while you are awake rather than when you are trying to sleep.