

## INFORMATION FOR PATIENTS

# How to use your Zonda inhaler

This leaflet will inform you how to use the Zonda inhaler correctly.



This is a dry powder inhaler used for patients with chronic obstructive pulmonary disease (COPD). The medication is released slowly over several hours to help reduce breathlessness.

Incorrect use of the device and not using it regularly as prescribed may result in reduced control.

The inhaler comes in a box with the medication contained in capsule form; these are clear so you can see the medication inside. The capsules are contained within a small plastic bottle.

To effectively use your Zonda inhaler, follow this step-by-step guide:

1. Use only as prescribed.

2. Lift the dust cap and mouthpiece on the inhaler.
3. Open the dust cap fully, and then lift the mouthpiece upwards and into the dust cap.
4. Take a capsule from the bottle immediately before you want to use it, and then close the bottle tightly.
5. Place the capsule in the centre chamber in the base of the inhaler. **Never place a capsule directly into the mouthpiece.**
6. Once the capsule is inside, close the mouthpiece. You should hear a click. Leave the dust cap open.
7. Hold the inhaler with the mouthpiece upwards. Press the white piercing button down the side completely in and release. **Only do this once.**
8. Breathe out away from the mouthpiece.
9. When ready to take your next breath in, place the mouthpiece between your lips. Breathe in deeply so that you hear or feel the capsule vibrating inside the chamber, until your lungs are full.
10. Remove the inhaler from your mouth. Hold your breath for as long as is comfortable. Breathe out gently. Repeat these inhale and exhale steps again to empty the capsule completely.

**Remember to breathe away from the mouthpiece.**

11. Open the mouthpiece and discard the empty capsule in a bin. You can also check that there is no medication left in the capsule at this point.
12. Close the mouthpiece and dust cap.

**How to store the Zonda inhaler**

Always keep in a dry place away from children and pets. Check the manufacturer's instructions and the patient information leaflet.

**Contact details**

Respiratory Specialist Nurse  
Cardiorespiratory Department (Clinic 4)  
King's Treatment Centre  
King's Mill Hospital  
Sutton in Ashfield  
Notts  
NG17 4JL

**Telephone:** 01623 622515, extension 6831, 3541 or 6324. Lines are open Monday to Friday between 9am-5pm.

**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222  
**Newark Hospital:** 01636 685692  
**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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