

TOBI Podhaler

Information for adult patients with cystic fibrosis

This information sheet explains how to take your inhaler, possible side effects and advice on use, cleaning and storage.

What is TOBI Podhaler®?

The TOBI Podhaler is a way of delivering the antibiotic tobramycin in a powder form to treat *Pseudomonas aeruginosa* infection in your lungs. It is used one month on, one month off, usually alternating with another nebulised antibiotic.

Usual dose

Using the TOBI Podhaler:

- o 112mg twice a day.

As each capsule contains 28mg of tobramycin, four capsules need to be inhaled twice a day.

Inhale or nebulise your usual bronchodilator (Ventolin/ salbutamol or Bricanyl/terbutaline) before taking your Tobipodhaler.

Are there any side effects?

The TOBI Podhaler can cause chest tightness, wheeze or coughing. You can usually help to reduce these symptoms by using inhaled or nebulised bronchodilators such as salbutamol or terbutaline. To check for this and to assess your lung function, the physiotherapists at the hospital will arrange for you to have a trial dose before starting.

It can also cause ringing in the ears (tinnitus) or a hoarse voice. These are usually temporary. Other side effects can include mouth ulcers, increased saliva, a sore throat or coughing up blood. Please contact the CF team if you cough up blood; if you cough up a large amount, go to your nearest A&E for help.

The patient information leaflet that comes in the package has a full list of possible side effects. If you have any of these or any other symptoms, contact the CF team.

Confirming your identity

Before you have a treatment or procedure, our staff will ask you your **name** and **date of birth** and check your **ID band**. If you don't have an ID band we will also ask you to confirm your address.

If we don't ask these questions, then please ask us to check.
Ensuring your safety is our primary concern.

How do I take TOBI Podhaler?

The TOBI Podhaler package comes with an information leaflet you can refer to. We recommend you take it as follows:

- Wash your hands.
- Open the inhaler case and place it on a table in its stand.
- Unscrew the mouthpiece and place on the table.
- Take out one capsule card of four capsules and peel the foil back to expose one capsule at a time.
- Place the first capsule in the inhaler chamber and screw the mouthpiece back on.
- Turn the inhaler upside down and press the blue button to pierce the capsule, then release the button.
- Breathe out fully, put the mouthpiece in your mouth and breathe in deeply.
- Take the inhaler from your mouth; hold your breath for a count of five and then breathe out.
- When you are ready, take a second deep breath through the inhaler, using the same capsule.
- Take the inhaler out of your mouth, hold your breath for a count of five and then breathe out.
- Unscrew the mouthpiece and take out the capsule.
- Look at the capsule to make sure it is pierced and empty.
- If the capsule **is** pierced but still has powder in it, put it back in the inhaler, pierced side first, and repeat the two deep breaths.
- If the capsule **is not** pierced, put it back in the inhaler, turn it upside down and re-pierce. Repeat the two deep breaths. If the capsule **is still not** pierced, change the inhaler for another and repeat all the steps from the start.
- Once the capsule is empty, take the other three capsules in the same way.
- Throw away all the empty capsules.
- Replace the mouthpiece on the inhaler and wipe with a clean, dry cloth. Do not wash the inhaler with water.
- Place the inhaler back in its case and close tightly.

General advice

- Capsules must be inhaled immediately once removed from the foil packaging
- Inhale the dose twice a day, soon after physiotherapy
- Each dose will need to be taken 12 hours apart. If you forget to take your dose and remember more than 6 hours before your next dose, take the dose then. If you remember less than 6 hours before your next dose, miss the dose and take your second dose as normal.
- Filters are not needed when taking this medication.
- Each inhaler device should only be used for 7 days.
- When you start a new weekly pack of capsules, use the new inhaler that is supplied in the pack.

Cleaning and storage

- The TOBI Podhaler does not need to be cleaned.
- The Tobipodhaler (device and capsules) should be stored in a dry place.

Who do I contact with queries and concerns?

Monday to Friday, 9am – 5pm: Adult CF Physiotherapists, tel 020 3299 5284

At all other times: King's Adult CF Ward, tel 020 3299 8652

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS:

Tel: 020 3299 3601

Email: kch-tr.pals@nhs.net

You can also contact us by using our online form at www.kch.nhs.uk/contact/pals

If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.

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