

Dosage Form “Key” Points

Note: always break down your counseling into a **step-by-step procedure**. Also the information below is not comprehensive, as each individual product may have additional unique features that are important counseling points, which you are expected to look into prior to counseling.

1. Eye drops/suspension/solutions

- Check to see if a suspension-shake
- Only one drop at a time!!! Need to wait at least 1 minute before instilling the second drop.
- If you are instilling more than one type of eyedrop into your eye, wait at least 3-5 minutes in between placing different drops into your eye
- Get as close to eye without touching the eye with the container
- Benzalkonium chloride (BAK) can concentrate in soft lenses and cause ocular toxicity. Consider waiting 15 minutes after instilling drop before putting in lenses.
- When using eyedrops chronically at QID dosing, consider using preservative-free products or sodium perborate or oscychloro complex as preservative
- If eyedrop is intended to treat an infection, do not wear contact lenses

2. Eye ointments

- For eye ung, place a “strip” of ointment along inside of lower lid. Strip only needs to cover ½ of lower lid (ie. it doesn’t need to cover entire bottom of lid)
- As it is an ung, blurry vision is common side effect. If possible, use at bedtime
- Get as close to eye without touching the eye with the container
- If ointment is intended to treat an infection, do not wear contact lenses

3. Ear drops

- Check to see if a suspension-shake
- Warm drops by rolling in hands...bring up to body temperature, as is more comfortable when drops are warm
- Tilt head BACK and UP for adult and BACK/DOWN for child (grab ear auricle to pull ear)
- If administering to self, use opposite hand to pull ear (ie, if placing in right ear, tilt head so right ear is facing ceiling and with left hand pull ear BACK/UP)
- You can put in more than one drop at a time into the ear!!!

4. Nasal Products

- Blow nose, before using the product
- Prime if necessary (read insert)
- Check to see if a suspension-you may need to shake, invert or shake gently (read package insert for specific information)
- Use only one dose at a time= Inhale one spray into nostril at a time.
- Wait at least 1 minute in between doses in same nostril
- Consider inhaling one spray into one nostril, one into the other nostril. Wait one minute. Then repeat into both nostrils.
- If a steroid, ensure applicator (when inside nostril) is pointed away from the septum to avoid nose bleeds
- Exhale through mouth

5. Vaginal

- To establish comfort with product, indicate that this is similar to inserting a tampon.
- Counsel woman on using a pad (panty liner, etc), as medication can be messy or leak out
- Use product at bedtime, if appropriate (as medication can be messy or leak out)
- Know terms: vulva (=outer vagina, usual place where external creams are placed for itching)
- Positions: lie down and bring one knee towards chest OR put foot up on toilet seat and insert
- Insert as far as comfortable
- Applicators are either reusable (need to be cleaned in between using) or disposable
- Tablet-if uncomfortable, lightly dampen tablet with water prior to insertion (careful not to dissolve tablet)
- Ovules-gelatin based, probably more comfortable than tablet
- Combo packs=tab or ovule plus external cream=for patients with symptoms internal and external

6. Rectal

- If a liquid, check to see if it is a suspension-shake
- If a suppository, remove from foil package
- Can use finger condom or wrap finger with saran wrap if uncomfortable about inserting suppository without applicator
- Describe positions: lie on left side & knees flexed, right-side and knees flexed, knee-chest position, or on back with knees flexed
- NO to inserting while sitting on toilet-strain and suppository or

ointment or dosage form will pop out

- If using ½ of a suppository, cut lengthwise
- Insert ½ to 1 inch, pass sphincter (give your patient a visual cue of what this looks like)
- For cream or ointment, can use a small amount of medication to lubricate applicator prior to insertion (or appropriate lubricant depending on properties of base: Vaseline or oily-based medication and KY jelly for cream-based medication)

7. Transdermal Patch

- Apply to dry, nonhairy, clean, non-irritated (no cuts, scrapes, pimples, etc) skin areas
- Don't apply near waistline-belt or pants will cause patch to come off
- If removing one patch and applying another, rotate sites and apply to NEW spot. You want to prevent irritation. Absorption may be impaired if using same spot.
- Wash hands before and after applying
- Leave patch in packet/foiled pouch, etc. until you are ready to apply it
- Remove old patch (press adhesive sides together to stick) and dispose of safely
- Remove old patch and replace with new patch, if appropriate, on different sites

8. Turbuhaler

- To load, read package insert, as all turbuhalers are not loaded the same way
- Typically, you turn bottom (with desiccant in it) in one direction, then turn it in opposite direction until a click is heard
- Once you hear "click", the device is loaded and ready to be inhaled
- Once "loaded" keep device upright=vertical
- You will not feel or taste the powder when you inhale it as amount of powder is very small
- Inhale **QUICKLY and DEEPLY**
- Turbulence needs to be created to get the powder through the mouthpiece...so a forceful inhalation is essential
- Breathe out, away from the device, so not to get moisture into the device
- If steroid, rinse mouth
- Wait 1 minute in between doses (if a second dose is required)
- Upright body position
- Clean with dry cloth

9. Diskus

- No priming
- To open, hold in the palm of your hand, put the thumb of your other hand on the thumb grip and push the thumb grip until it "clicks" into place
- Slide the lever away from you as far as it will go to get your medication ready=medication is loaded
- Once "loaded" keep device horizontal
- Place the mouthpiece gently in your mouth and close your lips around it
- Breathe in DEEPLY until you have taken a full breath
- Hold breathe for as long as comfortable, remove from mouth and breathe out away from the device
- You will not feel the powder when you inhale it as amount of powder is very small
- If steroid, rinse mouth
- Wait 1 minute in between doses (if a second dose is required)
- Upright body position

10. MDI

- Shake, if necessary, 3 or 4 times
- Remove the cap
- Breathe out, away from your inhaler
- Bring the inhaler to your mouth. Place it in your mouth between your teeth and close you mouth around it.
- Start to breathe in **slowly**. Press the top of you inhaler once and keep breathing in slowly until you have taken a full breath.
- Remove the inhaler from your mouth, and hold your breath for about 10 seconds, then breathe out.
- You do not need to shake QVAR or Alvesco
- If steroid, rinse mouth
- Wait 1 minute in between doses (if a second dose is required)
- Upright body position

11. Genuair

- Press green button down and release it (don't continue to press green button down)
- Coloured control window will change from red to green when dose is ready to inhale.
- Green=inhale
- Green button should be facing patient

- Quick and deep inhalation
- Hearing click sound=you are inhaling properly
- Continue inhaling through the click sound/beyond click sound to ensure inhale full dose
- With proper inhalation of the dose, coloured control window will change back to red.
- Red=you have properly inhaled the dose
- Device locks when last dose has been loaded
- When red striped band appears in dose window=time to get new inhaler

12. Ellipta

- Slide cover down to expose mouthpiece
- You will hear a click
- The counter will decrease by one number when you slide cover down
- Breathe out away from device
- Close lips firmly around mouthpiece
- LONG, STEADY, DEEP breathe
- Do not block air vents
- Hold breathe for 3-4 seconds or as long as comfortable
- Breathe out, away from device
- Clean with dry cloth, if necessary
- Slide cover up to cover mouthpiece
- If you open and close device without inhaling the dose, the dose is lost. You will need to slide cover down again (you will hear the click and counter decreases by one number) and inhale
- When <10 doses remaining, left half of counter shows red
- If device is tipped past horizontal, medication can fall out

13. HandiHaler

- Breathe in SLOWLY and DEEPLY, until lungs are full
- You should hear capsule vibrating as you breathe in
- You only need to puncture capsule once
- Hold breathe for 5-10 seconds
- Exhale, away from device (so not to get moisture into the device)
- You must take TWO breaths for each capsule to ensure that you have inhaled all the powder
- Upright body position

14. Breezhaler

- Pull off cap, tilt mouthpiece to open
- Peel away protective backing to expose capsule
- Insert capsule into capsule chamber and close inhaler="click" sound

- Hold device upright and press both side buttons at same time to pierce capsule. You will hear “click” sound. Remove fingers from buttons and do NOT pierce again
- Breathe out, away from device
- Place mouthpiece in your mouth. Close lips firmly around
- Side buttons are facing left and right
- Inhale RAPIDLY and STEADILY
- You will hear whirling noise as you inhale
- Repeat inhalation a second time, to ensure you have inhaled all medication. Note: you do not need to re-pierce the capsule
- Hold breathe for 5-10 seconds or as comfortable as possible
- Breathe out, away from device
- Inspect chamber to see if any powder is left behind. If there is powder left in capsule, close and inhale again
- Open mouthpiece and remove capsule...dispose of capsule
- Close inhaler and put cap on

15. Respimat

- Priming before use of new cartridge
- When approx. 7 day supply of drug remaining, red pointer will enter red zone in dose counter
- Don't cover air vents (on sides of mouthpiece)
- Lips need to be tightly closed around mouthpiece before initiating dose
- “T-O-P”
- “T”=Turn base in direction of arrows until you hear click. Ensure inhaler is in upright position before turning
- “O”=Open. Flip cap open until it clicks into open position
- “P”=Press. Close lips around mouthpiece. Don't block air vents. While breathing in SLOW and DEEP, press dose release button, keep breathing in slowly.
- Close cap
- Repeat TOP 2x in total

16. EpiPen

- Always carry pen with you, emergency situation!!!
- Can inject through light clothing
- IM into thigh
- Replace at expiration date, replace if solution appears brown or discolored.
- Swing & push orange tip firmly into thigh
- Count to 10 for EpiPen and then remove injection
- Massage thigh-this allows medication to absorb better
- “Blue to the sky, orange to the thigh☺”

