Using a TOBI™ Podhaler™

What is a TOBI™ Podhaler™?
TOBI™ Podhaler™ is a small, handheld inhaler that contains an antibacterial medicine called tobramycin. This medicine treats a bacterial infection called Pseudomonas aeruginosa. This infection is sometimes found in children who have cystic fibrosis.

Your child uses the TOBI Podhaler to inhale the dry powder, which enters the central and peripheral airways.

How does my child use a TOBI™ Podhaler™?
Your child will inhale four 28-mg TOBI Podhaler capsules twice a day for 28 days using the Podhaler device. This is followed by 28 days off therapy. The capsules should never be swallowed, only inhaled.

Have your child follow these instructions to use the TOBI™ Podhaler™:

1. Wash and dry your hands completely.
2. Just before use, hold the base of the Podhaler device and unscrew the lid counter-clockwise. Stand the Podhaler device upright in the base of the case.
3. Hold the body of the Podhaler device and unscrew the mouthpiece counter-clockwise. Set the mouthpiece aside on a clean, dry surface.
4. Take one blister card and tear the pre-cut lines along the length. Then tear at the pre-cut lines along the width.
5. Roll back the foil covering one TOBI Podhaler capsule on the blister card. Always hold the foil close to where you are peeling.
6. Take one TOBI Podhaler capsule from the blister card. Only remove ONE capsule at a time just before using it in the Podhaler.
7. Immediately put the TOBI Podhaler capsule in the capsule chamber at the top of the Podhaler device. DO NOT put the capsule directly into the top of the mouthpiece.
8. Put the mouthpiece back on the Podhaler device and screw the mouthpiece in a clockwise direction until it is tight. DO NOT overtighten.
9. Hold the Podhaler device with the mouthpiece pointing down. Put your thumb on the blue button and press the blue button all the way down. Let go of the blue button. DO NOT press the blue button more than one time. If the capsule is accidentally pierced more than once, it can break into pieces. You will need to inhale at least twice from each capsule in order to get the full dose.
10. Breathe out (exhale) all the way. DO NOT blow or exhale into the mouthpiece.
11. Place your mouth over the mouthpiece and close your lips tightly around it.
What are the possible side effects of the TOBI™ Podhaler™?

Adverse side effects from using the TOBI Podhaler include:

- Cough
- Bronchospasm (difficulty breathing)
- Hoarse voice
- Ototoxicity (loss of hearing and balance)
- Allergic reaction

What do I need to know about the TOBI™ Podhaler™?

- Store the TOBI Podhaler and capsules in a dry place at room temperature (between 68–77°F).
- Always store TOBI Podhaler capsules in the blister package. Each capsule should only be removed immediately before use.
- Always use the new Podhaler device provided with each weekly pack. A unit pack contains four weekly packs, each containing 56 capsules (seven blister cards of eight capsules), one Podhaler device and one reserve Podhaler device.
- Do not use any other capsules in the Podhaler.

How do I fit the TOBI™ Podhaler™ into my child’s schedule?

If your child is taking several inhaled medicines, they should take them in the following order:

- Bronchodilator
- Mucolytics
  (i.e., Hypertonic Saline, Mucomyst, Pulmozyme)
- TOBI Podhaler
- Inhaled steroid

Your child should not use the TOBI Podhaler during vest therapy.

Have your child take each dose of 4 TOBI Podhaler capsules every 12 hours or as close to it as possible. The doses should not be taken less than 6 hours apart. DO NOT double the dose to make up for a missed dose.
What if I have questions about the TOBI™ Podhaler™?
If you have questions about using or cleaning the TOBI Podhaler, contact your child’s healthcare provider.

Notes