

Let's Talk About...

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.

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

12. Inhale slowly and deeply with a single breath.
13. Remove the Podhaler device from your mouth, and hold your breath for about 5 seconds. Then exhale normally away from the Podhaler device.
14. Take a few normal breaths away from the Podhaler device. DO NOT blow or exhale into the device.
15. Inhale again following the steps above, using the same capsule.
16. Unscrew the mouthpiece and remove the TOBI Podhaler capsule from the capsule chamber. Look at the used capsule. It should be pierced and empty. There will be a fine coating of powder on the capsule. If it is pierced and empty, throw it away.

If the capsule is pierced but still contains more than just a fine coating of powder: Put the capsule back into the Podhaler device capsule chamber with the pierced side of the capsule pointing down. Put the mouthpiece back on and repeat steps 11–15.

If the capsule does not look pierced: Put the capsule back into the Podhaler device capsule chamber. Put the mouthpiece back on and repeat steps 10–17. If the capsule still does not look pierced and has some powder in it, use the reserve Podhaler™ device provided in the TOBI Podhaler unit package. Repeat steps 1–4, then 8–17.
17. Repeat 3 more times until your whole dose (4 capsules) has been taken.
18. Throw away all the empty TOBI Podhaler capsules. DO NOT store the TOBI Podhaler capsules in the device.
19. Put the mouthpiece back on your Podhaler device and twist the mouthpiece clockwise until it is tight. DO NOT overtighten.
20. Wipe the mouthpiece with a clean, dry cloth. DO NOT wash the Podhaler device with water. It needs to stay dry to work properly.
21. Put the Podhaler device back in the storage case base. Then put the lid back on the storage case base and screw the cover clockwise until it is tight.

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.

