Inhaler technique

Device-specific checklists

Use these checklists to teach, check and/or confirm the way your patients use their inhalers. Assess patients’ inhaler technique at every opportunity.

<table>
<thead>
<tr>
<th>Pressurised metered-dose inhaler (pMDI)</th>
<th>pMDI &amp; spacer (single breath)</th>
<th>pMDI &amp; spacer (tidal breathing)**</th>
<th>Accuhaler</th>
<th>Aerolizer</th>
<th>Autohaler</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Image of a pMDI" /></td>
<td><img src="image2.png" alt="Image of a pMDI &amp; spacer" /></td>
<td><img src="image3.png" alt="Image of a pMDI &amp; spacer" /></td>
<td><img src="image4.png" alt="Image of an Accuhaler" /></td>
<td><img src="image5.png" alt="Image of an Aerolizer" /></td>
<td><img src="image6.png" alt="Image of an Autohaler" /></td>
</tr>
</tbody>
</table>

1. Remove cap
2. Check dose counter (if applicable)
3. Hold inhaler upright and shake well
4. Breathe out gently, away from the inhaler
5. Put mouthpiece between teeth without biting and close lips to form good seal
6. Breathe in slowly through mouth and, at the same time, press down firmly on canister
7. Keep breathing in slowly and deeply
8. Hold breath for about 5 seconds or as long as comfortable
9. While holding breath, remove inhaler from mouth
10. Breathe out gently, away from the inhaler
11. If an extra dose is needed, repeat steps 2 to 10
12. Replace cap

1. Assemble spacer* (if necessary)
2. Remove inhaler cap
3. Check dose counter (if applicable)
4. Hold inhaler upright and shake well
5. Insert inhaler upright into spacer
6. Put mouthpiece between teeth without biting and close lips to form good seal
7. Breathe out gently, into the spacer
8. Hold spacer level and press down firmly on inhaler canister once
9. Breathe in slowly and deeply
10. Hold breath for about 5 seconds or as long as comfortable
11. While holding breath, remove spacer from mouth
12. Breathe out gently
13. Remove inhaler from spacer
14. If an extra dose is needed, repeat steps 3 to 13
15. Replace cap and disassemble spacer

1. Assemble spacer* (if necessary)
2. Remove inhaler cap
3. Check dose counter (if applicable)
4. Hold inhaler upright and shake well
5. Insert inhaler upright into spacer
6. Put mouthpiece between teeth without biting and close lips to form good seal
7. Breathe out gently, into the spacer
8. Hold spacer level and press down firmly on inhaler canister once
9. Breathe in and out normally for 3 or 4 breaths
10. Remove spacer from mouth
11. Breathe out gently
12. Remove inhaler from spacer
13. If an extra dose is needed, repeat steps 3 to 12
14. Replace cap and disassemble spacer

1. Check dose counter
2. Open cover using thumb grip
3. Hold horizontally, load dose by sliding lever until it clicks
4. Breathe out gently, away from the inhaler
5. Place mouthpiece in mouth and close lips to form a good seal, keep inhaler horizontal
6. Breathe in steadily and deeply
7. Hold breath for about 5 seconds or as long as comfortable
8. While holding breath, remove inhaler from mouth
9. Breathe out gently, away from the inhaler
10. If an extra dose is prescribed*, repeat steps 3 to 9
11. Close cover to click shut

1. Remove cap
2. Hold base and twist mouthpiece to open (follow arrows)
3. Remove capsule from blister and place in chamber
4. Close mouthpiece
5. Press side buttons in together once and release
6. Breathe out gently, away from the inhaler
7. Place mouthpiece in mouth and close lips to form a good seal, keep inhaler horizontal
8. Breathe in quickly and deeply
9. Hold breath for about 5 seconds or as long as comfortable
10. While holding breath, remove inhaler from mouth
11. Breathe out gently
12. Open mouthpiece to check if capsule is empty
13. If powder remains repeat steps 6 to 11
14. Open mouthpiece and remove capsule
15. Close mouthpiece and cap

* New plastic spacers should be prewashed in warm water and dishwashing detergent (without rinsing), and air-dried before first use.
** Tidal breathing can be used for young children or during acute flare-ups.
* Not generally recommended
<table>
<thead>
<tr>
<th>Breezhaler</th>
<th>Ellipta</th>
<th>Genuair</th>
<th>Handihaler</th>
<th>Respimat</th>
<th>Turbuhaler</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Remove cap</td>
<td>1. Check dose counter</td>
<td>1. Open cap</td>
<td>1. Hold inhaler upright with the cap closed</td>
<td>1. Unscrew and remove cover</td>
<td>1. Unscrew and remove cover</td>
</tr>
<tr>
<td>2. Flip mouthpiece to open</td>
<td>2. Slide the cover down until you hear a click</td>
<td>2. Flip open mouthpiece</td>
<td>2. Check dose counter</td>
<td>2. Check dose counter</td>
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<tr>
<td>4. Close mouthpiece until it clicks</td>
<td>4. Place mouthpiece in mouth and close lips to form a good seal</td>
<td>4. Close mouthpiece until it clicks</td>
<td>4. Turn base in direction of arrows until it clicks</td>
<td>4. Twist around and then back until click is heard</td>
<td>4. Breathe out gently, away from the inhaler</td>
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<tr>
<td>5. Press side buttons in once and release (do not shake)</td>
<td>5. Without tilting inhaler, press and release the button</td>
<td>5. Press green piercing button in once and release (do not shake)</td>
<td>5. Breathe out gently, away from inhaler</td>
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<tr>
<td>7. Put mouthpiece between teeth without biting and close lips to form good seal</td>
<td>7. While holding breath, remove inhaler from mouth</td>
<td>7. Place mouthpiece in mouth and close lips to form a good seal</td>
<td>7. Open the cap until it snaps fully open</td>
<td>7. Place mouthpiece between teeth without biting and close lips to form a good seal</td>
<td>7. Keep breathing in slowly and deeply</td>
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<tr>
<td>8. Breathe in quickly and deeply</td>
<td>8. Hold breath for about 5 seconds or as long as comfortable</td>
<td>8. Breathe in strongly and deeply. Keep breathing in as long as comfortable</td>
<td>8. Hold breath for 5 seconds or as long as comfortable</td>
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<td>9. Hold breath for about 5 seconds or as long as comfortable</td>
<td>9. While holding breath, remove inhaler from mouth</td>
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<td>11. Breathe out gently, away from inhaler</td>
<td>11. Repeat steps 7–11 to take the full dose</td>
<td>11. Click cap shut</td>
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<tr>
<td>12. Check control window has changed to red</td>
<td>12. Open mouthpiece and remove capsule</td>
<td>12. Two inhalations is the usual dose for medicines used with Respimat. Repeat from step 1 to get the full dose</td>
<td>12. Replace cap</td>
<td>12. Replace cap</td>
<td>12. Replace cap</td>
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