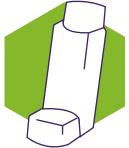
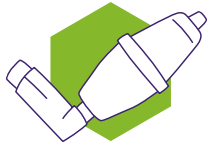
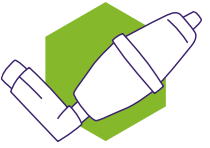





Inhaler technique

Device-specific checklists





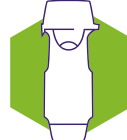
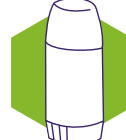
Use these checklists to teach, check and/or confirm the way your patients use their inhalers. Assess patients' inhaler technique at every opportunity.

Pressurised metered-dose inhaler (pMDI)	pMDI & spacer (single breath)	pMDI & spacer (tidal breathing)#	Accuhaler	Aerolizer	Autohaler
					
<input type="checkbox"/> 1. Remove cap <input type="checkbox"/> 2. Check dose counter (if applicable) <input type="checkbox"/> 3. Hold inhaler upright and shake well <input type="checkbox"/> 4. Breathe out gently, away from the inhaler <input type="checkbox"/> 5. Put mouthpiece between teeth without biting and close lips to form good seal <input type="checkbox"/> 6. Breathe in slowly through mouth and, at the same time, press down firmly on canister <input type="checkbox"/> 7. Keep breathing in slowly and deeply <input type="checkbox"/> 8. Hold breath for about 5 seconds or as long as comfortable <input type="checkbox"/> 9. While holding breath, remove inhaler from mouth <input type="checkbox"/> 10. Breathe out gently, away from the inhaler <input type="checkbox"/> 11. If an extra dose is needed, repeat steps 2 to 10 <input type="checkbox"/> 12. Replace cap	<input type="checkbox"/> 1. Assemble spacer* (if necessary) <input type="checkbox"/> 2. Remove inhaler cap <input type="checkbox"/> 3. Check dose counter (if applicable) <input type="checkbox"/> 4. Hold inhaler upright and shake well <input type="checkbox"/> 5. Insert inhaler upright into spacer <input type="checkbox"/> 6. Put mouthpiece between teeth without biting and close lips to form good seal <input type="checkbox"/> 7. Breathe out gently, into the spacer <input type="checkbox"/> 8. Hold spacer level and press down firmly on inhaler canister once <input type="checkbox"/> 9. Breathe in slowly and deeply <input type="checkbox"/> 10. Hold breath for about 5 seconds or as long as comfortable <input type="checkbox"/> 11. While holding breath, remove spacer from mouth <input type="checkbox"/> 12. Breathe out gently <input type="checkbox"/> 13. Remove inhaler from spacer <input type="checkbox"/> 14. If an extra dose is needed, repeat steps 3 to 13 <input type="checkbox"/> 15. Replace cap and disassemble spacer	<input type="checkbox"/> 1. Assemble spacer* (if necessary) <input type="checkbox"/> 2. Remove inhaler cap <input type="checkbox"/> 3. Check dose counter (if applicable) <input type="checkbox"/> 4. Hold inhaler upright and shake well <input type="checkbox"/> 5. Insert inhaler upright into spacer <input type="checkbox"/> 6. Put mouthpiece between teeth without biting and close lips to form good seal <input type="checkbox"/> 7. Breathe out gently, into the spacer <input type="checkbox"/> 8. Hold spacer level and press down firmly on inhaler canister once <input type="checkbox"/> 9. Breathe in and out normally for 3 or 4 breaths <input type="checkbox"/> 10. Remove spacer from mouth <input type="checkbox"/> 11. Breathe out gently <input type="checkbox"/> 12. Remove inhaler from spacer <input type="checkbox"/> 13. If an extra dose is needed, repeat steps 3 to 12 <input type="checkbox"/> 14. Replace cap and disassemble spacer	<input type="checkbox"/> 1. Check dose counter <input type="checkbox"/> 2. Open cover using thumb grip <input type="checkbox"/> 3. Hold horizontally, load dose by sliding lever until it clicks <input type="checkbox"/> 4. Breathe out gently, away from the inhaler <input type="checkbox"/> 5. Place mouthpiece in mouth and close lips to form a good seal, keep inhaler horizontal <input type="checkbox"/> 6. Breathe in steadily and deeply <input type="checkbox"/> 7. Hold breath for about 5 seconds or as long as comfortable <input type="checkbox"/> 8. While holding breath, remove inhaler from mouth <input type="checkbox"/> 9. Breathe out gently, away from the inhaler <input type="checkbox"/> 10. If an extra dose is prescribed* repeat steps 3 to 9 <input type="checkbox"/> 11. Close cover to click shut	<input type="checkbox"/> 1. Remove cap <input type="checkbox"/> 2. Hold base and twist mouthpiece to open (follow arrows) <input type="checkbox"/> 3. Remove capsule from blister and place in chamber <input type="checkbox"/> 4. Close mouthpiece <input type="checkbox"/> 5. Press side buttons in together once and release <input type="checkbox"/> 6. Breathe out gently, away from the inhaler <input type="checkbox"/> 7. Place mouthpiece in mouth and close lips to form a good seal, keep inhaler horizontal <input type="checkbox"/> 8. Breathe in quickly and deeply <input type="checkbox"/> 9. Hold breath for about 5 seconds or as long as comfortable <input type="checkbox"/> 10. While holding breath, remove inhaler from mouth <input type="checkbox"/> 11. Breathe out gently <input type="checkbox"/> 12. Open mouthpiece to check if capsule is empty <input type="checkbox"/> 13. If powder remains repeat steps 6 to 11 <input type="checkbox"/> 14. Open mouthpiece and remove capsule <input type="checkbox"/> 15. Close mouthpiece and cap	<input type="checkbox"/> 1. Remove cap <input type="checkbox"/> 2. Hold inhaler upright and shake well <input type="checkbox"/> 3. Push lever up <input type="checkbox"/> 4. Breathe out gently, away from the inhaler <input type="checkbox"/> 5. Put mouthpiece between teeth without biting and close lips to form good seal <input type="checkbox"/> 6. Breathe in slowly and deeply. Keep breathing in after hearing click <input type="checkbox"/> 7. Hold breath for about 5 seconds or as long as comfortable <input type="checkbox"/> 8. While holding breath, remove inhaler from mouth <input type="checkbox"/> 9. Breathe out gently, away from the inhaler <input type="checkbox"/> 10. Push lever down <input type="checkbox"/> 11. If an extra dose is needed, repeat steps 2 to 10 <input type="checkbox"/> 12. Replace 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

Breezhaler	Ellipta	Genuair	Handihaler	Respimat	Turbuhaler
					
<input type="checkbox"/> 1. Remove cap <input type="checkbox"/> 2. Flip mouthpiece to open <input type="checkbox"/> 3. Remove capsule from blister and place in chamber <input type="checkbox"/> 4. Close mouthpiece until it clicks <input type="checkbox"/> 5. Press side buttons in once and release (do not shake) <input type="checkbox"/> 6. Breathe out gently, away from inhaler <input type="checkbox"/> 7. Put mouthpiece between teeth without biting and close lips to form good seal <input type="checkbox"/> 8. Breathe in quickly and steadily, so capsule vibrates <input type="checkbox"/> 9. Hold breath for about 5 seconds, or as long as comfortable <input type="checkbox"/> 10. While holding breath, remove inhaler from mouth <input type="checkbox"/> 11. Breathe out gently, away from inhaler <input type="checkbox"/> 12. Open mouthpiece and remove capsule <input type="checkbox"/> 13. If more than one dose is needed,* repeat steps 3–12 <input type="checkbox"/> 14. Close mouthpiece and cap	<input type="checkbox"/> 1. Check dose counter <input type="checkbox"/> 2. Slide the cover down until you hear a click (do not shake) <input type="checkbox"/> 3. Breathe out gently, away from the inhaler <input type="checkbox"/> 4. Place mouthpiece in mouth and close lips to form a good seal. Do not cover air vent <input type="checkbox"/> 5. Breathe in steadily and deeply <input type="checkbox"/> 6. Hold breath for 5 seconds or as long as comfortable <input type="checkbox"/> 7. While holding breath, remove inhaler from mouth <input type="checkbox"/> 8. Breathe out gently, away from the inhaler <input type="checkbox"/> 9. Slide the cover upwards as far as it will go, to cover the mouthpiece	<input type="checkbox"/> 1. Check dose counter <input type="checkbox"/> 2. Remove cap by squeezing arrows and pulling <input type="checkbox"/> 3. Hold inhaler so large coloured button is facing straight up <input type="checkbox"/> 4. Without tilting inhaler, press and release the button <input type="checkbox"/> 5. Check control window has changed to green <input type="checkbox"/> 6. Breathe out gently, away from inhaler <input type="checkbox"/> 7. Place mouthpiece in mouth and close lips to form a good seal. Keep inhaler horizontal <input type="checkbox"/> 8. Breathe in strongly and deeply. Keep breathing in after click is heard <input type="checkbox"/> 9. Hold breath for about 5 seconds or as long as comfortable <input type="checkbox"/> 10. While holding breath, remove inhaler from mouth. <input type="checkbox"/> 11. Breathe out gently, away from inhaler. <input type="checkbox"/> 12. Check control window has changed to red. <input type="checkbox"/> 13. Replace cap	<input type="checkbox"/> 1. Open cap <input type="checkbox"/> 2. Flip open mouthpiece <input type="checkbox"/> 3. Remove capsule from blister and place in chamber <input type="checkbox"/> 4. Close mouthpiece until it clicks <input type="checkbox"/> 5. Press green piercing button in once and release (do not shake) <input type="checkbox"/> 6. Breathe out gently, away from inhaler <input type="checkbox"/> 7. Place mouthpiece between teeth without biting and close lips to form a good seal <input type="checkbox"/> 8. Breathe in slowly and deeply, so capsule vibrates <input type="checkbox"/> 9. Keep breathing in as long as comfortable <input type="checkbox"/> 10. While holding breath, remove inhaler from mouth <input type="checkbox"/> 11. Breathe out gently, away from inhaler <input type="checkbox"/> 12. Repeat steps 7–11 to take the full dose. <input type="checkbox"/> 13. Open mouthpiece and remove capsule. <input type="checkbox"/> 14. Close mouthpiece and cap	<input type="checkbox"/> 1. Hold inhaler upright with the cap closed <input type="checkbox"/> 2. Turn base in direction of arrows until it clicks <input type="checkbox"/> 3. Open the cap until it snaps fully open <input type="checkbox"/> 4. Breathe out gently, away from inhaler <input type="checkbox"/> 5. Place mouthpiece in mouth and close lips to form a good seal. Do not cover air vents <input type="checkbox"/> 6. Breathe in slowly and deeply through mouth and, at the same time, press down on the dose button <input type="checkbox"/> 7. Keep breathing in slowly and deeply <input type="checkbox"/> 8. Hold breath for 5 seconds or as long as comfortable <input type="checkbox"/> 9. While holding breath, remove inhaler from mouth <input type="checkbox"/> 10. Breathe out gently, away from inhaler <input type="checkbox"/> 11. Click cap shut <input type="checkbox"/> 12. Two inhalations is the usual dose for medicines used with Respimat. Repeat from step 1 to get the full dose	<input type="checkbox"/> 1. Unscrew and remove cover <input type="checkbox"/> 2. Check dose counter <input type="checkbox"/> 3. Keep inhaler upright while twisting grip <input type="checkbox"/> 4. Twist around and then back until click is heard <input type="checkbox"/> 5. Breathe out gently, away from the inhaler <input type="checkbox"/> 6. Place mouthpiece between teeth without biting and close lips to form a good seal. Do not cover air vents <input type="checkbox"/> 7. Breathe in strongly and deeply <input type="checkbox"/> 8. Hold breath for about 5 seconds or as long as comfortable <input type="checkbox"/> 9. Remove inhaler from mouth <input type="checkbox"/> 10. Breathe out gently away from the inhaler <input type="checkbox"/> 11. If an extra dose is needed, repeat steps 2 to 10 <input type="checkbox"/> 12. Replace cover