

# Asthma inhaler technique

## Device-specific checklists

Ask the patient to show you how they use their inhaler. Use these checklists to teach, check and/or confirm the way your patients with asthma use their inhalers. Assess inhaler technique at every opportunity.



### Pressurised metered-dose inhaler

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. Start to breathe in slowly through mouth and, at the same time, press down firmly on canister
7. Continue to breathe 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



### Pressurised metered-dose inhaler & spacer (single breath)

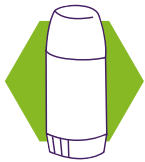
1. Assemble spacer\* (if necessary)
2. Remove inhaler cap
3. Check dose counter (if applicable)
4. Hold inhaler upright and shake well
5. Insert inhaler upright into spacer
6. Put mouthpiece between teeth without biting and close lips to form good seal
7. Breathe out gently, into the spacer
8. Hold spacer 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



### Pressurised metered-dose inhaler & spacer for young children or during severe flare ups (tidal breathing)

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 the 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

\* Plastic spacers should be pre-washed in warm water and dishwashing detergent (without rinsing), and air-dried before use.



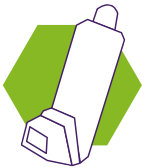
## Turbuhaler

- 1. Unscrew and remove cover
- 2. Check dose counter
- 3. Keep inhaler upright while twisting grip
- 4. Twist around and then back until click is heard
- 5. Breathe out gently, away from the inhaler
- 6. Place mouthpiece between teeth without biting and close lips to form a good seal. Do not cover the air vents
- 7. Breathe in strongly and deeply
- 8. Hold breath for about 5 seconds or as long as comfortable
- 9. 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 cover



## Accuhaler

- 1. Check dose counter
- 2. Open cover using thumb grip
- 3. Holding 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 (not generally recommended), repeat steps 3 to 9
- 11. Close cover to click shut



## Autohaler

- 1. Remove cap
- 2. Hold inhaler upright and shake well
- 3. Push lever up
- 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 and deeply. Keep breathing in after click is heard
- 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. Push lever down
- 11. If an extra dose is needed, repeat steps 2 to 10
- 12. Replace cap



## Ellipta

- 1. Check dose counter
- 2. Slide the cover down until you hear a click (do not shake the inhaler)
- 3. Breathe out gently, away from the inhaler
- 4. Place mouthpiece in mouth and close lips to form a good seal. Do not block air vent with your fingers
- 5. Breathe in steadily and deeply
- 6. Hold breath for 5 seconds or as long as comfortable
- 7. While holding breath, remove inhaler from mouth
- 8. Breathe out gently, away from the inhaler
- 9. Slide the cover upwards as far as it will go, to cover the mouthpiece