

Inhaler technique

Device-specific checklists

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

Manually actuated pressurised metered-dose inhaler (pMDI)

P
S

pMDI alone

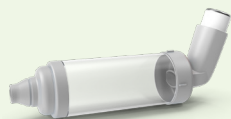


1. Remove inhaler cap
2. Hold inhaler upright and shake well
3. Breathe out slowly and gently, away from the inhaler until your lungs feel empty
4. Put mouthpiece between teeth without biting and close lips to form a good seal
5. Breathe in slowly through the mouth and, at the same time, press down firmly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

Inhale slow and steady

P
S

pMDI and spacer



1. Prepare the spacer
2. Remove inhaler cap
3. Hold inhaler upright and shake well before inserting into spacer
4. Put mouthpiece between teeth without biting and close lips to form a good seal
5. Breathe out gently, into the spacer until your lungs feel empty
6. Hold spacer level and press down firmly on inhaler canister once
7. Single breath: Breathe in slowly and deeply and hold breath for about 5 - 10 seconds or as long as comfortable; take spacer out of mouth while holding breath
OR
Tidal breath*: Breathe in and out normally for 4 breaths before removing spacer from the mouth
8. Breathe out gently, away from inhaler
9. Remove inhaler from spacer
10. If an extra dose is needed, repeat steps 3 to 9
11. Replace cap on inhaler

Inhale slow and steady

P
S

pMDI and Haleraid



1. Open Haleraid and pop inhaler in
2. Press the inhaler in (allowing you to squeeze)
3. Remove inhaler cap
4. Hold inhaler upright and shake well
5. Breathe out slowly and gently, away from the inhaler until your lungs feel empty
6. Put the mouthpiece between teeth without biting and close lips to form a good seal
7. Breathe in slowly through the mouth and, at the same time, squeeze firmly on the Haleraid
8. Keep breathing in slowly and deeply and hold breath for about 5 - 10 seconds or as long as comfortable
9. While holding breath, remove inhaler from mouth
10. Breathe out gently, away from inhaler
11. If an extra dose is needed, repeat steps 4 to 10
12. Replace cap

Inhale slow and steady

Breath-actuated pMDI

P
S

Autohaler



1. Remove cap
2. Hold inhaler upright and shake well
3. Push lever up
4. Breathe out slowly and gently, away from the inhaler until your lungs feel empty
5. Put mouthpiece between teeth without biting and close lips to form good seal
6. Breathe in slowly and deeply; keep breathing in after hearing click
7. Hold breath for about 5 - 10 seconds or as long as comfortable
8. While holding breath, remove inhaler from mouth
9. Breathe out gently, away from inhaler
10. Push lever down
11. If an extra dose is needed, repeat steps 2 to 10
12. Replace cap

Inhale slow and steady

Soft mist inhaler (SMI)

P
C

Respimat



1. Hold inhaler upright with the cap closed
2. Turn base in direction of arrows until it clicks (half a turn)
3. Open the cap until it snaps fully open
4. Breathe out slowly and gently, away from inhaler until your lungs feel empty
5. Place mouthpiece in mouth and close lips to form a good seal; do not cover air vents
6. Breathe in slowly and deeply through mouth and, at the same time, press down on the dose button
7. Keep breathing in slowly and deeply
8. Hold breath for about 5 - 10 seconds or as long as comfortable
9. While holding breath, remove inhaler from mouth
10. Breathe out gently, away from inhaler
11. Click cap shut
12. Repeat from step 1 to get the full dose (two inhalations is the usual dose for medicines used with Respimat)

Note: Before using for the first time, ensure cartridge is loaded into the device

Inhale slow and steady

- P** Device requires **priming** before use
- C** Device has a dose **counter**
- S** Device should be **shaken** before use

* Tidal breathing recommended for young children and during acute flare ups



Single dose DPI – blister

C

Accuhaler



1. Open cover using thumb grip
2. Load dose: keep device horizontal while sliding lever until it clicks (do not shake)
3. Breathe out slowly and gently, away from inhaler until your lungs feel empty
4. Put mouthpiece between teeth without biting and close lips to form a good seal; keep inhaler horizontal
5. Breathe in quickly and deeply
6. Hold breath for about 5 - 10 seconds or as long as comfortable
7. While holding breath, remove inhaler from mouth
8. Breathe out gently, away from inhaler
9. If more than one dose is prescribed, repeat all steps starting from step 2[†]
10. Close cover to click shut

Inhale quick and deep

C

Ciphaler



1. Open cover using thumb grip
2. Load dose: keep device horizontal while sliding lever until it clicks (do not shake)
3. Breathe out slowly and gently, away from inhaler until your lungs feel empty
4. Put mouthpiece between teeth without biting and close lips to form a good seal; keep inhaler horizontal
5. Breathe in quickly and deeply
6. Hold breath for about 5 - 10 seconds or as long as comfortable
7. While holding breath, remove inhaler from mouth
8. Breathe out gently, away from inhaler
9. If more than one dose is prescribed, repeat all steps starting from step 2[†]
10. Close cover to click shut

Inhale quick and deep

C

Ellipta



1. Load dose: slide the cover down until you hear a click (do not shake)
2. Breathe out slowly and gently, away from inhaler until your lungs feel empty
3. Place mouthpiece between teeth and close lips to form a good seal; do not cover air vent with fingers
4. Breathe in quickly and deeply
5. Hold breath for 5 - 10 seconds or as long as comfortable
6. While holding breath, remove inhaler from mouth
7. Breathe out gently, away from inhaler
8. Slide the cover upwards as far as it will go to cover the mouthpiece
9. If more than one dose is prescribed, repeat all steps starting from step 1[†]

Note: If you open and close the cover without inhaling the medicine, you will lose the dose

Inhale quick and deep

General tips for inhalers

- All pMDIs should be shaken before each dose. Do not shake dry powder inhalers (DPIs), except Easyhaler which needs to be shaken before use
- For all types of inhalers, it is important to keep the chin tilted slightly up so the medicine reaches the lungs effectively
- For inhalers containing corticosteroids, it is important to rinse the mouth out with water after using the inhaler to remove any residual medicine; this will reduce the likelihood of voice changes and oral thrush
- Remind patients of correct inspiration technique based on inspiratory flow rate
- Turbuhalers, Respimat and pMDI devices should be primed before they are used for the first time
- For inhalers with a dose counter, it is important to check there are sufficient doses remaining in the inhaler before each use
- After each use, wipe the mouthpiece with a clean, dry tissue

P Device requires **priming** before use

C Device has a dose **counter**

S Device should be **shaken** before use

[†] Not usually appropriate for medicines delivered by this device

Multidose DPI – reservoir

S
C

Easyhaler



1. Hold upright with mouthpiece cover at the bottom
2. Remove the mouthpiece cover
3. Shake up and down 3 to 5 times in the upright position
4. Press down once on the coloured button until you hear a click and then release
5. Breathe out slowly and gently, away from inhaler until your lungs feel empty
6. Put mouthpiece between teeth without biting and close lips to form good seal; do not cover air vents
7. Breathe in quickly and deeply
8. Hold breath for about 5 - 10 seconds or as long as comfortable
9. While holding breath, remove inhaler from mouth
10. Breathe out gently away from the inhaler
11. Replace the mouthpiece cover after use
12. If more than one dose is needed, repeat steps 2 to 11

Inhale quick and deep

C

Genuair



1. Remove cap by squeezing arrows and pulling outwards
2. Hold inhaler horizontally so large coloured button is facing straight up
3. Without tilting inhaler, press and release the button
4. Check control window has changed to green
5. Breathe out slowly and gently, away from inhaler until your lungs feel empty
6. Place mouthpiece between teeth without biting and close lips to form a good seal; keep inhaler horizontal
7. Breathe in quickly and deeply; keep breathing in after click is heard
8. Hold breath for about 5 - 10 seconds or as long as comfortable
9. While holding breath, remove inhaler from mouth
10. Breathe out gently, away from inhaler
11. Check control window has changed to red. If it is still green, the inhalation was not strong enough to trigger the dose and steps 5 to 10 need to be repeated
12. Replace cap
13. If an extra dose is needed[†], repeat steps 1 to 12

Inhale quick and deep

C

Spiromax



1. Hold inhaler upright with mouthpiece cover at the bottom
2. Open the mouthpiece cover downwards until it clicks
3. Breathe out slowly and gently, away from inhaler until your lungs feel empty
4. Place mouthpiece between teeth without biting and close lips to form a good seal; do not cover air vents
5. Breathe in quickly and deeply
6. Hold breath for about 5 - 10 seconds or as long as comfortable
7. While holding breath, remove inhaler from mouth
8. Breathe out gently, away from inhaler
9. Close mouthpiece cover
10. If an extra dose is needed, repeat steps 1 to 9

Inhale quick and deep

P
C

Turbuhaler



1. Unscrew and remove cover
2. Keep inhaler upright and twist grip at the base around and then back until click is heard
3. Breathe out slowly and gently, away from the inhaler until your lungs feel empty
4. Place mouthpiece between teeth without biting and close lips to form a good seal; do not cover air vents
5. Breathe in quickly and deeply
6. Hold breath for about 5 - 10 seconds or as long as comfortable
7. While holding breath, remove inhaler from mouth
8. Breathe out gently, away from inhaler
9. If an extra dose is needed, repeat steps 2 to 9
10. Replace cover

Inhale quick and deep

P Device requires **priming** before use

C Device has a dose **counter**

S Device should be **shaken** before use

[†] Not usually appropriate for medicines delivered by this device

Single dose dry powder inhaler (DPI) – capsule

Breezhaler



1. Remove cap
2. Flip open mouthpiece
3. Remove one capsule from blister and place in chamber
4. Close mouthpiece until it clicks; leave cap open
5. Press side piercing buttons in once and release (do not shake)
6. Breathe out slowly and gently, away from inhaler until your lungs feel empty
7. Put mouthpiece between teeth without biting and close lips to form good seal
8. Breathe in quickly and deeply, you should hear the capsule vibrating inside the inhaler
9. Hold breath for about 5 - 10 seconds, or as long as comfortable
10. While holding breath, remove inhaler from mouth
11. Breathe out gently, away from inhaler
12. Open mouthpiece and check capsule is empty; if not, repeat steps 6 to 11
13. Open the mouthpiece and tip used capsule into the bin
14. If more than one dose is needed¹, repeat steps 3 to 12
15. Close mouthpiece and cap

Inhale quick and deep

Handihaler



1. Open cap
2. Flip open mouthpiece
3. Remove one capsule from blister and place in chamber
4. Close mouthpiece until it clicks; leave cap open
5. Press green piercing button in once and release (do not shake)
6. Breathe out slowly and gently, away from inhaler until your lungs feel empty
7. Put mouthpiece between teeth without biting and close lips to form a good seal
8. Breathe in quickly and deeply, you should hear the capsule vibrating inside the inhaler
9. Hold breath for 5 - 10 seconds, or as long as comfortable
10. While holding breath, remove inhaler from mouth
11. Breathe out gently, away from inhaler
12. Repeat steps 6 to 11 to empty capsule completely
13. Open the mouthpiece and tip used capsule into the bin
14. Close mouthpiece and cap

Inhale quick and deep

LupinHaler



1. Open cap
2. Flip open mouthpiece
3. Remove one capsule from blister and place in chamber
4. Close mouthpiece until it clicks; leave cap open
5. Press piercing button in once and release (do not shake)
6. Breathe out slowly and gently, away from inhaler until your lungs feel empty
7. Put mouthpiece between teeth without biting and close lips to form a good seal
8. Breathe in quickly and deeply, you should hear the capsule vibrating inside the inhaler
9. Hold breath for about 5 - 10 seconds or as long as comfortable
10. While holding breath, remove inhaler from mouth
11. Breathe out gently, away from inhaler
12. Repeat steps 6 to 11 to empty capsule completely
13. Open the mouthpiece and tip used capsule into the bin
14. Close mouthpiece and cap

Inhale quick and deep

Zonda



1. Open cap
2. Flip open mouthpiece
3. Take one capsule from the bottle and place into the chamber
4. Close mouthpiece until it clicks; leave cap open
5. Press piercing button in once, and release (do not shake)
6. Hold the inhaler horizontally but don't tip it upside down
7. Breathe out slowly and gently, away from inhaler until your lungs feel empty
8. Put mouthpiece between teeth without biting and close lips to form a good seal
9. Breathe in quickly and deeply; you should hear the capsule vibrating inside the inhaler
10. Hold breath for about 5 - 10 seconds, or as long as comfortable
11. While holding breath, remove inhaler from mouth
12. Breathe out gently, away from inhaler
13. Repeat steps 7 to 11 to empty the capsule completely
14. Open the mouthpiece and tip used capsule into the bin
15. Close the mouthpiece and cap

Inhale quick and deep

¹ Not usually appropriate for medicines delivered by this device

Other devices are available for inhaled medicines – please see the manufacturer's Product Information for instructions. These checklists are based on the National Asthma Council Australia's Information paper for health professionals: Inhaler technique for people with asthma or COPD. To view the full document visit: www.nationalasthma.org.au. Adapted with permission from the Australian Commission on Safety and Quality in Health Care's **Inhaler technique – Device-specific checklists**, NPS MedicineWise: Sydney 2020.