### Pressurised metered-dose inhaler (pMDI)

- 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

### pMDI & 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

### pMDI & spacer (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 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

### Accuhaler

- 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

### Aerolizer

- 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

### 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 hearing click
- 7. Hold breath for about 5 seconds or as long as comfortable
- 8. While holding breath, remove inhaler from mouth
- 9. Breathe out gently
- 10. Push lever down
- 11. If an extra dose is needed, repeat steps 2 to 10
- 12. Replace cap

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* 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></td>
</tr>
<tr>
<td>2. Flip mouthpiece to open</td>
<td>2. Slide the cover down until you hear a click (do not shake)</td>
<td>2. Flip open mouthpiece</td>
<td>2. Check dose counter</td>
<td>2. Check dose counter</td>
<td></td>
</tr>
<tr>
<td>3. Remove capsule from blister and place in chamber</td>
<td>3. Breathe out gently, away from the inhaler</td>
<td>3. Remove capsule from blister and place in chamber</td>
<td>3. Turn base in direction of arrows until it clicks</td>
<td>3. Unscrew and remove cover</td>
<td></td>
</tr>
<tr>
<td>4. Close mouthpiece until it clicks</td>
<td>4. Hold inhaler so large coloured button is facing straight up</td>
<td>4. Close mouthpiece until it clicks</td>
<td>4. Open the cap until it snaps fully open</td>
<td>4. Keep inhaler upright while twisting grip</td>
<td></td>
</tr>
<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>
<td>5. Twist around and then back until click is heard</td>
<td></td>
</tr>
<tr>
<td>7. Put mouthpiece between teeth without biting and close lips to form good seal</td>
<td>7. Breathe out gently, away from inhaler</td>
<td>7. Place mouthpiece between teeth without biting and close lips to form a good seal</td>
<td>7. Place mouthpiece between teeth without biting and close lips to form a good seal</td>
<td>7. Breathe in slowly and deeply through mouth and, at the same time, press down on the dose button</td>
<td></td>
</tr>
<tr>
<td>8. Breathe in quickly and steadily, so capsule vibrates</td>
<td>8. While holding breath, remove inhaler from mouth</td>
<td>8. While holding breath, remove inhaler from mouth</td>
<td>8. Hold breath for about 5 seconds or as long as comfortable</td>
<td>8. Hold breath for about 5 seconds or as long as comfortable</td>
<td></td>
</tr>
<tr>
<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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</tr>
<tr>
<td>10. While holding breath, remove inhaler from mouth</td>
<td>10. Keep breathing in slowly and deeply, so capsule vibrates</td>
<td>10. Keep breathing in as long as comfortable</td>
<td>10. Keep breathing in as long as comfortable</td>
<td>10. Keep breathing in slowly and deeply</td>
<td></td>
</tr>
<tr>
<td>12. Open mouthpiece and remove capsule</td>
<td>12. Breathe in strongly and deeply. Keep breathing in as long as comfortable</td>
<td>12. Repeat steps 7-11 to take the full dose</td>
<td>12. While holding breath, remove inhaler from mouth</td>
<td>12. While holding breath, remove inhaler from mouth</td>
<td></td>
</tr>
<tr>
<td>13. If more than one dose is needed, repeat steps 3-12</td>
<td>13. Check control window has changed to red.</td>
<td>13. Open mouthpiece and remove capsule.</td>
<td>13. Breathe out gently, away from inhaler</td>
<td>13. Breathe out gently, away from inhaler</td>
<td></td>
</tr>
</tbody>
</table>

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: http://www.nationalasthma.org.au