Inhaler Technique

Lurie Children's Pediatric Partners

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

Pressurized meter- dose inhaler (pMDI)	pDMI & spacer (single breath)	pMDI & spacer + mask (tidal breathing)**	Diskus	Twisthaler
		R. Un		
1. Remove cap	1. Remove inhaler cap	1. Remove inhaler cap	1. Check dose counter	1. Check dose counter
 Check dose counter(if applicable) 	 Check dose counter (if applicable) 	 Check dose counter (if applicable) 	 Open cover using thumb grip 	 Hold base and twist mouthpiece counter
 Hold inhaler upright and shake well 	 Hold inhaler upright and shake well 	 Hold inhaler upright and shake well 	 Hold horizontally, load dose by sliding lever until 	clockwise to open 3. Breathe out gently, away
4. Breathe out gently, away	4. Insert inhaler upright into	4. Insert inhaler upright into	it clicks	from the inhaler
from inhaler	spacer	spacer	4. Breathe out gently, away	4. Place mouthpiece in
 Put mouthpiece between teeth without biting and 	 Put mouthpiece between teeth without biting & close 	 Put mask over mouth and nose 	from the inhaler 5. Place mouthpiece in	mouth and close lips to form a good seal, keep
close lips to form good seal	lips to form a good seal	6. Breathe out gently, into	mouth and close lips to	inhaler horizontal
6. Breath in slowly through	6. Breathe out gently	the mask	form a good seal, keep	5. Breathe in quickly and
mouth and, at the same	7. Hold spacer level and press	7. Hold spacer level and press	inhaler horizontal	deeply
time, press down firmly on canister	down firmly on inhaler canister once	down firmly on inhaler canister once	 Breathe in steadily and deeply 	 Hold breath for 5 to 10 seconds or as long as
7. Keep breathing in slowly	8. Breathe in slowly & deeply	8. Breathe in and out	7. Hold breath for about 5 to	comfortable
and deeply	9. Hold breath for about 10	normally for 5 to 6 breaths	10 seconds or as long as	7. While holding breath,
8. Hold breath for about 5-10	seconds or as long as	9. Remove spacer from	comfortable	remove inhaler from
seconds or as long as	comfortable	mouth	8. While holding breath,	mouth
comfortable 9. While holding breath,	10. While holding breath, remove spacer from mouth	 Breathe out gently If an extra dose is needed, 	remove inhaler from mouth	 Breathe out gently Replace cap
remove inhaler from	11. Breathe out gently	repeat steps 3 to 10	9. Breathe out gently, away	10. Twist clockwise until it
mouth	12. If an extra dose is needed,	12. Remove inhaler from	from the inhaler	clicks
10. Breathe out gently, away	repeat steps 3 to 11	spacer	10. If an extra dose is	11. Repeat steps 1 to 10 if
from the inhaler	13. Remove inhaler from	13. Replace cap on spacer	prescribed repeat steps 3	extra dose is needed
11. If an extra dose is needed,	spacer		to 9 11. Close cover and click shut	
repeat steps 2 to 10 12. Replace cap	14. Replace cap		11. Close cover and click shut	

*Plastic spacers and soft end (removed) should be soaked for 5 minutes in warm water & dishwashing detergent, rinse with clear water, and air-dried weekly. Dishwasher safe on top rack. Do not rub inside. Reassemble after dry.

**Tidal breathing can be used for young children or during acute flare ups

Inhaler Technique



Respiclick	Ellipta	Redihaler	Turbuhaler	Common Inhaler
		J.		Errors
1. Check dose counter	1. Check dose counter	1. Check dose counter	1. Unscrew and remove	1. Failure to shake if
2. Open mouth piece until it	2. Slide the cover down until	2. Open cap on mouthpiece	cover 2. Check dose counter	instructed
clicks 3. Breathe out gently, away	you hear a click (do not shake)	 Breathe out gently, away from inhaler 	 Check dose counter Keep inhaler upright while 	 Failure to exhale fully before inhaling
from the inhaler	3. Breathe out gently, away	4. Place mouthpiece between	twisting grip	3. Failure to hold breath for 5
4. Put mouthpiece between	from the inhaler	teeth without biting and	4. Twist around and then	to 10 seconds
teeth without biting and	4. Place mouthpiece in	close lips to form a good	back until click is heard	4. Failure to inhale slowly
close lips to form a good seal	mouth and close lips to form a good seal. Do not	seal 5. Breathe in slowly and	Breathe out gently, away from the inhaler	and deeply 5. Failure to use spacer
5. Breathe in slowly and	cover air vent	deeply, so capsule vibrates	6. Place mouthpiece between	5. Fundre to use spacer
deeply	5. Breathe in steadily and	6. Keep breathing in as long	teeth without biting and	
6. Hold breath for about 5 to	deeply	as comfortable	close lips to form a good	
10 seconds or as long as comfortable	 Hold breath for 5 to 10 seconds or as long as 	 While holding breath for 5 to 10 seconds, remove 	seal. Do not cover air vents7. Breathe in strongly and	
 While holding breath, 	comfortable	inhaler from mouth	deeply	
remove inhaler from	7. While holding breath,	8. Breathe out gently, away	8. Hold breath for about 5 to	
mouth	remove inhaler from	from inhaler	10 seconds or as long as	
 Breathe out gently, away from the inhaler 	mouth 8. Breathe out gently, away	 Close mouthpiece and cap If extra dose is needed, 	comfortable 9. Remove inhaler from	
9. Close cap	from the inhaler	repeat steps 1 to 9	mouth	
10. If an extra dose is needed,	9. Slide the cover upwards as		10. Breathe out gently away	
repeat steps 1 to 9	far as it will go to cover the		from the inhaler	
	mouthpiece		11. If an extra dose is needed,	
			repeat steps 2 to 10 12. Replace cover	