






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

Pressurized meter-dose inhaler (pMDI)	pMDI & spacer (single breath)	pMDI & spacer + mask (tidal breathing)**	Diskus	Twisthaler
				
<ol style="list-style-type: none"> 1. Remove cap 2. Check dose counter (if applicable) 3. Hold inhaler upright and shake well 4. Breathe out gently, away from 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 5-10 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 	<ol style="list-style-type: none"> 1. Remove inhaler cap 2. Check dose counter (if applicable) 3. Hold inhaler upright and shake well 4. Insert inhaler upright into spacer 5. Put mouthpiece between teeth without biting & close lips to form a good seal 6. Breathe out gently 7. Hold spacer level and press down firmly on inhaler canister once 8. Breathe in slowly & deeply 9. Hold breath for about 10 seconds or as long as comfortable 10. While holding breath, remove spacer from mouth 11. Breathe out gently 12. If an extra dose is needed, repeat steps 3 to 11 13. Remove inhaler from spacer 14. Replace cap 	<ol style="list-style-type: none"> 1. Remove inhaler cap 2. Check dose counter (if applicable) 3. Hold inhaler upright and shake well 4. Insert inhaler upright into spacer 5. Put mask over mouth and nose 6. Breathe out gently, into the mask 7. Hold spacer level and press down firmly on inhaler canister once 8. Breathe in and out normally for 5 to 6 breaths 9. Remove spacer from mouth 10. Breathe out gently 11. If an extra dose is needed, repeat steps 3 to 10 12. Remove inhaler from spacer 13. Replace cap on spacer 	<ol style="list-style-type: none"> 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 to 10 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 and click shut 	<ol style="list-style-type: none"> 1. Check dose counter 2. Hold base and twist mouthpiece counter clockwise to open 3. Breathe out gently, away from the inhaler 4. Place mouthpiece in mouth and close lips to form a good seal, keep inhaler horizontal 5. Breathe in quickly and deeply 6. Hold breath for 5 to 10 seconds or as long as comfortable 7. While holding breath, remove inhaler from mouth 8. Breathe out gently 9. Replace cap 10. Twist clockwise until it clicks 11. Repeat steps 1 to 10 if extra dose is needed

*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 Errors
				
<ol style="list-style-type: none"> 1. Check dose counter 2. Open mouth piece until it clicks 3. Breathe out gently, away from the inhaler 4. Put mouthpiece between teeth without biting and close lips to form a good seal 5. Breathe in slowly and deeply 6. Hold breath for about 5 to 10 seconds or as long as comfortable 7. While holding breath, remove inhaler from mouth 8. Breathe out gently, away from the inhaler 9. Close cap 10. If an extra dose is needed, repeat steps 1 to 9 	<ol style="list-style-type: none"> 1. Check dose counter 2. Slide the cover down until you hear a click (do not shake) 3. Breathe out gently, away from the inhaler 4. Place mouthpiece in mouth and close lips to form a good seal. Do not cover air vent 5. Breathe in steadily and deeply 6. Hold breath for 5 to 10 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 	<ol style="list-style-type: none"> 1. Check dose counter 2. Open cap on mouthpiece 3. Breathe out gently, away from inhaler 4. Place mouthpiece between teeth without biting and close lips to form a good seal 5. Breathe in slowly and deeply, so capsule vibrates 6. Keep breathing in as long as comfortable 7. While holding breath for 5 to 10 seconds, remove inhaler from mouth 8. Breathe out gently, away from inhaler 9. Close mouthpiece and cap 10. If extra dose is needed, repeat steps 1 to 9 	<ol style="list-style-type: none"> 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 air vents 7. Breathe in strongly and deeply 8. Hold breath for about 5 to 10 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 	<ol style="list-style-type: none"> 1. Failure to shake if instructed 2. Failure to exhale fully before inhaling 3. Failure to hold breath for 5 to 10 seconds 4. Failure to inhale slowly and deeply 5. Failure to use spacer