

# Pocket Guide to **Inhaler Technique**

## A Step-By-Step Guide for Healthcare Professionals

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# User Guide

This guide is an easy to use portable reference source to help remind you how the different inhaler devices should be used to support consultations with your patients.

Optimum lung deposition requires different inspiratory effort for aerosol and dry powder devices.

Aerosol inhaler - slow and steady inhalation (Gentle)

Dry powder inhaler (DPI) - strong and deep inhalation (Forceful)

## Key to medicine class

- Short-acting  $\beta_2$  agonist (SABA) eg. salbutamol, terbutaline
- Long-acting  $\beta_2$  agonist (LABA) eg. salmeterol, formoterol
- Long-acting muscarinic antagonist (LAMA)
- Combination LABA/LAMA
- Corticosteroid (ICS) eg. beclometasone, fluticasone
- Combination LABA/ICS

Patients should be advised to read the manufacturers instruction leaflet. Additional patient information leaflets for NHSGGC formulary inhaler devices are available at [www.ggcprescribing.org.uk](http://www.ggcprescribing.org.uk) (Prescribing Resources).

The Asthma UK website has useful information on how to use spacers and different inhaler devices.

**Note:** Photos of inhalers have been included as a visual representation of the type of inhaler.  
Not all brands of inhalers have been included in the guide.

## How to use your Accuhaler®

1. To open the Accuhaler®, hold the outer case in one hand and put the thumb of your other hand on the thumb grip. Push the thumb grip away until you hear a click, this reveals the mouthpiece.
2. Hold the Accuhaler® with the mouthpiece towards you. Slide the lever beside the mouthpiece away from you until it clicks. The dose is now ready.
3. Breathe out as far as is comfortable, away from the Accuhaler®.
4. Put the mouthpiece to your lips. Breathe in steadily as strongly and deeply as you can until your lungs are full.
5. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly. Breathe normally.
6. To close, slide the thumb grip back towards you, covering the mouthpiece and lever, until it clicks shut.
7. For a second dose, wait 30 seconds and repeat steps 1-6.



DPI: strong and deep inhalation (forceful)

Available as:



## How to use your Autohaler®

1. Hold the Autohaler® upright. Remove the mouthpiece cover by pulling down on the lip at the back.
2. Shake the Autohaler®. Push the lever on the top of the device up so that it stays up. Make sure your hand is not blocking the air vent on the bottom of the device.
3. Breathe out as far as is comfortable, away from the Autohaler®.
4. Put the mouthpiece in your mouth and close your lips around it.
5. Breathe in slowly and steadily through the mouthpiece. Do not stop breathing in when the Autohaler® clicks, this is the dose being released.
6. Remove the Autohaler® and hold your breathe for 5-10 seconds and then breathe out slowly.
7. Push the lever on top of the device down (off position).
8. For a second dose, wait 30 seconds and repeat steps 2-7.
9. Replace the mouth piece cover

Aerosol: slow and steady inhalation (gentle)

Available as:



## How to use your Breezhaler®

1. Pull off the mouthpiece cover. Hold the base of the inhaler firmly and tilt the mouthpiece backwards to open the capsule chamber.
2. Immediately before use, with dry hands, remove one capsule only from the blister. Place the capsule into the capsule chamber and close the mouthpiece until you hear a 'click'.
3. Hold the inhaler upright with the mouthpiece pointing up. Pierce the capsule by firmly pressing together both side buttons at the same time. Do this only once. You should hear a 'click' as the capsule is being pierced. Release the side buttons fully.
4. Breathe out as far as is possible, away from the inhaler.
5. Place the mouthpiece in your mouth and close your lips firmly around the mouthpiece.
6. Breathe in as strongly and deeply as you can. You will hear a whirring noise as you breathe in.
7. Take the inhaler from your mouth and hold your breath for 5 to 10 seconds and then breathe out slowly. Breathe normally.
8. Open the inhaler to see if any powder is left in the capsule. If there is powder left in the capsule, close the inhaler and repeat steps 4-7.
9. Open the mouthpiece again, remove the empty capsule by tipping it out of the capsule chamber. Put the empty capsule in your household waste. Close the inhaler and replace the mouthpiece cover.



DPI: strong and deep inhalation (forceful)

Available as: 

## How to use your Easi-breathe®

1. Hold the Easi-Breathe® inhaler upright. Do not cover the air holes at the top of the device with your fingers. Shake the inhaler up and down 3 to 5 times.
2. Open the cap covering the mouthpiece. The dose is now ready.
3. Breathe out as far as is comfortable, away from the Easi-breathe®.
4. Put the mouthpiece to your lips. Seal your lips around the mouthpiece.
5. Breathe in slowly and steadily until your lungs are full. Continue to breathe in after the dose is released.
6. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly. Breathe normally.
7. Close the mouthpiece cover.
8. For a second dose, wait 30 seconds and repeat steps 1 - 7.
9. When finished, replace the mouthpiece cover.



Aerosol: slow and steady inhalation (gentle)

Available as:



## How to use your Easyhaler®

1. To open the Easyhaler®, hold the inhaler device in one hand and remove the mouthpiece cover with the other hand. Shake the device up and down 3 to 5 times.
2. Hold the device upright with your thumb on the base and forefinger on the top of the inhaler. Press down once on the coloured button with your forefinger until you hear a click. Release your forefinger. The dose is now ready.
3. Breathe out as far as is comfortable, away from the Easyhaler®.
4. Put the mouthpiece in your mouth. Seal your lips around the mouthpiece. Breathe in steadily as strongly and deeply as you can until your lungs are full.
5. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly. Breathe normally.
6. For a second dose, wait 30 seconds and repeat steps 2 - 5.
7. Replace the mouthpiece cover after use.



DPI: strong and deep inhalation (forceful)

Available as:



## How to use your Ellipta® Inhaler

1. To open the inhaler, slide the cover down until you hear a 'click'.  
The dose is now ready.
2. Breathe out as far as is comfortable, away from the Ellipta® device.
3. Put the mouthpiece between your lips and close your lips firmly around it. Do not block the air vent with your fingers.
4. Take one long, steady deep breath in until your lungs are full.
5. Remove the inhaler from your mouth and hold your breath for 5 to 10 seconds and then breathe out slowly. Breathe normally.
6. Slide the cover upwards to cover the mouthpiece.
7. Your Ellipta® inhaler should be discarded six weeks after opening the tray.



DPI: strong and deep inhalation (forceful)

Available as: 

## How to use your Genuair<sup>®</sup>

1. To open the Genuair<sup>®</sup>, lightly squeeze the arrows marked on each side of the mouthpiece cover and pull off.
2. Hold the Genuair<sup>®</sup> inhaler with the mouthpiece towards you and the coloured button facing straight up. Do not tilt.
3. Press the coloured button all the way down and then release.
4. Check that the coloured window at the front of the Genuair<sup>®</sup> is green. The dose is now ready.
5. Breathe out as far as is possible, away from the Genuair<sup>®</sup> device.
6. Put your lips tightly around the mouthpiece and breathe in strongly and deeply until your lungs are full. You will hear a 'click' to tell you the dose is released. Keep breathing in after you have heard the 'click'.
7. Remove the Genuair<sup>®</sup> from your mouth and hold your breath for 5 to 10 seconds and then breathe out slowly through your nose. Breathe normally.
8. Make sure the coloured window has turned red. This confirms that you have inhaled the dose correctly. If still green, repeat steps 4 to 7.
9. To close, replace the mouth piece cover.



DPI: strong and deep inhalation (forceful)

Available as:



## How to use your HandiHaler®

1. To release the HandiHaler dustcap, press the green button on the side once. Open the dust cap completely by pulling it upwards. Then open the capsule chamber by pulling the mouthpiece upwards.
2. Remove one capsule from the blister pack and place it in the capsule chamber. Close the mouthpiece firmly until you hear a click.
3. Hold the HandiHaler® upright and press the green button on the side of the inhaler once only. Release the green button.
4. Breathe out as far as is comfortable, away from the HandiHaler®. Place the mouthpiece in your mouth then close your lips firmly around the mouthpiece.
5. Breathe in as strongly and deeply as you can until your lungs are full. You will hear the capsule rattle.
6. Remove the device and hold your breath for 5 -10 seconds and then breathe out slowly. Breathe normally.
7. Repeat steps 2-6.
8. Open the mouthpiece to tip out the used capsule and dispose of it. Close the mouthpiece and the mouthpiece cover.



DPI: strong and deep inhalation (forceful)

Available as:



## How to use your NEXThaler®

1. To open, hold the NEXThaler® in the upright position and open the mouthpiece cover fully.
2. Breathe out as far as is comfortable, away from the NEXThaler® device.
3. Put the mouthpiece to your mouth and close your lips around the mouthpiece. Do not cover the air vents.
4. Breathe in through your mouth as strongly and deeply as you can until your lungs are full.
5. Remove the NEXThaler® from your mouth and hold your breath for 5 to 10 seconds and then breathe out slowly. Breathe normally.
6. Close the mouthpiece fully.
7. For a second dose, wait 30 seconds and repeat steps 1-6.



DPI: strong and deep inhalation (forceful)

Available as:



## How to use your Metered-Dose Inhaler (MDI)

- 1.** To open the inhaler, remove the mouthpiece cover.
- 2.** Hold the inhaler upright with your thumb on the base and your finger on the top of the canister and shake the inhaler up and down 4 to 5 times.
- 3.** Breathe out as far as is comfortable, away from the MDI.
- 4.** Put the mouthpiece to your lips. Seal your lips around the mouthpiece.
- 5.** Start to breathe in slowly and gently. As you begin to breathe in, press the top of the canister down fully to release one dose. Continue breathing in slowly but steadily and as deeply as you can until your lungs are full.
- 6.** Remove the device from your mouth and hold your breath for 5 to 10 seconds and then breathe out slowly. Breathe normally.
- 7.** For a second dose, wait 30 seconds and repeat steps 2 – 6.
- 8.** To close, replace the mouthpiece cover.



MDI: slow and steady inhalation (gentle)

Available as: 



## How to use your Spiromax®

- 1.** To open the inhaler, fold the red mouthpiece cover down until one loud click is heard. The dose is now ready.
- 2.** Breathe out as far as is comfortable, away from the Spiromax® device.
- 3.** Put the mouthpiece between your teeth and close your lips around the mouthpiece. Do not cover the air vents.
- 4.** Breathe in through your mouth as strongly and deeply as you can until your lungs are full. You may notice a taste when you take your dose.
- 5.** Remove the inhaler from your mouth and hold your breath for 5 to 10 seconds and then breathe out slowly. Breathe normally.
- 6.** Fold the red mouthpiece cover up to cover the mouthpiece.
- 7.** For a second dose, wait 30 seconds and repeat steps 1-6.



DPI: strong and deep inhalation (forceful)

Available as:



## How to use your Turbohaler®

1. To open the Turbohaler®, unscrew and lift off the mouthpiece cover.
2. Hold the Turbohaler® upright with the coloured grip at the bottom.
3. Twist the grip as far as it can go one way and then twist it back again until you hear a click. The dose is now ready.
4. Breathe out as far as is comfortable, away from the Turbohaler®.
5. Put the mouthpiece to your lips. Seal your lips around the mouthpiece. Breathe in as strongly and deeply as you can until your lungs are full.
6. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly. Breathe normally.
7. For a second dose, wait 30 seconds and repeat steps 2 - 6.
8. Replace mouthpiece cover.



DPI: strong and deep inhalation (forceful)

Available as:



## How to use your Aerochamber® Spacer

1. Remove the mouthpiece covers from both the MDI inhaler and the spacer.
2. Hold the MDI inhaler upright with your thumb on the base and your finger on the top of the canister. Shake the inhaler up and down 4 to 5 times.
3. Insert the mouthpiece of the inhaler into the flat end of the Aerochamber® Spacer.
4. Breathe out as much as is comfortable before putting the mouthpiece of the spacer to your lips. Seal your lips around the mouthpiece.
5. Press the top of the inhaler canister once to release one dose into the spacer.
6. Breathe normally, in and out, five times. If the Aerochamber® makes a whistling sound, slow your breathing down. Remove the Aerochamber® from your mouth.
7. For a second dose, wait 30 seconds and repeat steps 2 – 6.
8. Remove the MDI inhaler from the spacer and replace the inhaler and Aerochamber® mouthpiece covers.



## How to use your Volumatic® Spacer

1. Put the two parts of the spacer together so that they fit tightly.
2. Remove the mouthpiece cover from your MDI inhaler. Hold the inhaler upright with your thumb on the base and your finger on the top of the canister. Shake the inhaler up and down 4 to 5 times.
3. Insert the mouthpiece of the inhaler into the flat end of the Volumatic® Spacer.
4. Breathe out as much as is comfortable and put the mouthpiece of the spacer to your lips. Seal your lips around the mouthpiece.
5. Press the top of the inhaler canister once to release one dose into the spacer. Breathe normally in and out, five times. Remove the spacer from your mouth.
6. For a second dose, wait 30 seconds and repeat steps 2 –5.
7. Remove the MDI inhaler from the spacer and replace the inhaler mouthpiece cover.



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