

Inhaler check lists

MDI alone

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. Start to breathe in slowly through mouth and, at the same time, press down firmly on canister
7. Continue to breathe 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

MDI + Spacer

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

Turbohaler

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 the air vents
7. Breathe in strongly and deeply
8. Hold breath for about 5 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

Accuhaler

1. Check dose counter
2. Open cover using thumb grip
3. Holding 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 (not generally recommended), repeat steps 3 to 9
11. Close cover to click shut

Cleaning MDIs and spacers

MDI care

- Should be stored upright (evaporation)
- Should be “discharged” if not used for a long time (> 1 week)
- Should be disassembled and rinsed weekly *then left to dry*
- Without a counter no reliable way to tell when used up
- Write the date of first use down then dispose of 28 days later or approx used up date

Spacer care

- Wash monthly
- Warm water & dish washing liquid (static)
- Drip dry
- Replace 6 monthly