

CORRECT INHALER TECHNIQUE

Right device. Right breath. More medicine reaching your lungs.

BETTER
TECHNIQUE
BETTER CONTROL
FEWER FLARE-UPS
A HEALTHIER
TOMORROW

Inhalers are very effective when used correctly, but many people do not get the full dose into their lungs. Follow the steps for your device and have your technique checked regularly.

PRESSURISED METERED-DOSE INHALER (pMDI / PUFFER) + SPACER

A **slow, steady** breath helps more medicine reach your lungs.



- 1 Shake inhaler (if required for your device). Insert into spacer.
- 2 Breathe out gently, away from the device.
- 3 Seal your lips around the spacer mouthpiece.
- 4 Press one puff into the spacer, then breathe in **SLOWLY** and **DEEPLY**.
- 5 Hold your breath for about 5 seconds (or as comfortable).
- 6 Breathe out gently.

! Do not put several puffs into the spacer at once. Take one puff at a time.

DRY-POWDER INHALER (DPI)

A **quick, strong** breath is needed to draw the powder into your lungs.



- 1 Load the dose according to your specific device (e.g. slide, click or open).
- 2 Breathe out gently, away from the device.
- 3 Seal your lips around the mouthpiece.
- 4 Breathe in **QUICKLY** and **DEEPLY** through the device.
- 5 Hold your breath for about 5 seconds (or as comfortable).
- 6 Breathe out gently.

! Never blow into a dry-powder inhaler. Do not use a spacer with a DPI.

SOFT-MIST INHALER (SMI)

A **slow, deep** breath activates the mist and helps it reach deep into your lungs.



- 1 Prepare the inhaler (e.g. turn, open or slide) according to your device.
- 2 Breathe out gently, away from the device.
- 3 Seal your lips around the mouthpiece.
- 4 Press and inhale **SLOWLY** and **DEEPLY**.
- 5 Hold your breath for about 5 seconds (or as comfortable).
- 6 Breathe out gently.

! Use the technique specific to your device. A spacer is usually not required.

KEY STEPS FOR ALL INHALERS

1 PREPARE



Shake, load or open as required for your device.

2 EXHALE AWAY



Breathe out gently, away from the device.

3 SEAL



Seal your lips around the mouthpiece (or spacer).

4 INHALE THE RIGHT WAY



Inhale at the right speed for your device.

5 HOLD



Hold your breath for about 5 seconds (or as comfortable).

6 CLOSE & CHECK



Breathe out gently, close the device and check remaining doses.

5 COMMON MISTAKES

- 1 Inhaling at the wrong speed (e.g. too fast with a pMDI or too slow with a DPI).
- 2 Poor mouth seal (air leaks around mouthpiece).
- 3 Forgetting to shake (pMDI) or load the dose (DPI).
- 4 Exhaling into a dry-powder inhaler (can blow the powder out).
- 5 Using an empty inhaler (check the dose counter).

SPACERS MATTER (for pMDI inhalers)



- Help you coordinate the puff and breath.
- More medicine reaches your lungs.
- Reduce medicine depositing in the mouth and throat.
- Take one puff at a time.
- Clean regularly as per instructions and air-dry (do not towel dry).

PREVENTER AFTERCARE (if medicine contains inhaled corticosteroid)



- Rinse your mouth with water after each use.
- Spit the water out.
- This helps reduce the chance of thrush (oral fungal infection) and hoarseness.

ASK FOR A TECHNIQUE CHECK



- Have your inhaler technique checked at every review.
- Bring your inhalers to your appointment.
- Ask for a demonstration and then do a "teach-back".
- Small adjustments can make a big difference.



If severe breathlessness or difficulty speaking: CALL 000 and follow your individual action plan.

