

Metered Dose Inhaler (MDI)



Step	Instructions	Score
1.	Remove inhaler 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 the teeth without biting and close lips to form a seal	
6.	Breathe in through the mouth and at the same time press down firmly on canister	
7.	Keeping breathing in slowly and deeply	
8.	Hold breath for 5 seconds, or as long as comfortable	
9.	While holding breath remove inhaler from mouth	
10.	Breath out gently, away from the inhaler	
11.	If a second dose is needed, repeat steps 2-10	
12.	Replace cap	
		Score / 12
Feedback:		

Metered Dose Inhaler (MDI) and spacer (single breath technique)



Step	Instructions	Score
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 the teeth without biting and close lips to form a seal	
7.	Breath out gently through the nose	
8.	Hold spacer level and press down firmly on the inhaler canister once	
9.	Breath in slowly and deeply	
10.	Hold breath for 5 seconds, or as long as comfortable	
11.	While holding breath remove spacer from mouth	
12.	Breath out gently	
13.	Remove inhaler from spacer	
14.	If an extra dose is needed, repeat steps 3-13	
15.	Replace cap and disassemble spacer	
Score		/ 15
Feedback:		

Metered Dose Inhaler (MDI) and spacer (tidal breathing technique)



Step	Instructions	Score
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 the teeth without biting and close lips to form a seal	
7.	Breathe out gently through nose	
8.	Hold spacer level and press down firmly on the inhaler canister once	
9.	Breathe in and out normally for 3-4 breaths	
10.	Remove spacer from mouth	
11.	Breathe out gently	
12.	Remove inhaler from spacer	
13.	If an extra dose is needed, repeat steps 3-12	
14.	Replace cap and disassemble spacer	
Score		/ 14
Feedback:		

Autohaler



Step	Instructions	Score
1.	Remove inhaler cap	
2.	Prime the device by pushing the lever up until it clicks	
3.	Breathe out gently away from the inhaler	
4.	Put the mouthpiece between the teeth without biting and close lips to form a seal	
5.	Breathe in through the mouth steadily and deeply until you hear a click	
6.	Keeping breathing in slowly and deeply until you have taken a full deep breath	
7.	Hold breath for 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 a second dose is needed, repeat steps 2-10	
11.	Replace cap	
		Score / 11
Feedback:		

Easyhaler



Step	Instructions	Score
1.	Remove inhaler cap	
2.	Shake the device	
3.	Push the coloured button on the top until it clicks – do this only once.	
4.	Breathe out gently away from the inhaler	
5.	Put the mouthpiece between the teeth without biting and close lips to form a seal	
6.	Breathe in through the mouth steadily and deeply	
7.	Keeping breathing in slowly and deeply until you have taken a full deep breath	
8.	Hold breath for 5 seconds, or as long as comfortable	
9.	While holding breath remove inhaler from mouth	
10.	Breath out gently, away from the inhaler	
11.	If a second dose is needed, repeat steps 2-10	
12.	Replace cap	

Score / 12

Feedback:

Accuhaler



Step	Instructions	Score
1.	Check the dose counter	
2.	Open the 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 the mouthpiece in mouth and close lips to form a seal, keep inhaler horizontal	
6.	Breathe in steadily and deeply	
7.	Hold breath for about 5 seconds or as long as is comfortable	
8.	While holding breath, remove inhaler from mouth	
9.	Breathe out gently, away from the inhaler	
10.	If an extra dose is required, repeat steps 3-9	
11.	Close cover to click shut	
		Score /11
Feedback:		

Breezhaler



Step	Instructions	Score
1.	Remove cap	
2.	Flip mouthpiece to open	
3.	Remove capsule from blister and place in chamber	
4.	Close mouthpiece until it clicks	
5.	Press side buttons in once and release (do not shake)	
6.	Breathe out gently, away from the inhaler	
7.	Put mouthpiece between teeth without biting and close lips to form a good seal	
8.	Breathe in quickly and steadily so capsule vibrates	
9.	Hold breath for about 5 seconds, or for as long as comfortable	
10.	While holding breath, remove inhaler from mouth	
11.	Breathe out gently, away from inhaler	
12.	Open mouthpiece and remove capsule	
13.	If more than one dose is needed, repeat steps 3-12	
14.	Close mouthpiece and cap	
		Score /14
Feedback:		

Nexthaler



Step	Instructions	Score
1.	Check dose counter	
2.	Slide the pink 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 seconds or as long as is comfortable	
7.	While holding breath, remove inhaler from mouth	
8.	Breathe out gently, away from inhaler	
9.	Slide the cover upwards, as far as it will go, to cover the mouthpiece. If you need another dose repeat steps 2-9	
		Score /9
Feedback:		

Braltus



Step	Instructions	Score
1.	Remove dust cap by pushing it upwards	
2.	Flip mouthpiece to open	
3.	Remove capsule from bottle and place in chamber	
4.	Close mouthpiece until it clicks	
5.	Press side button in once and release (do not shake)	
6.	Breathe out gently, away from the inhaler	
7.	Put mouthpiece between teeth without biting and close lips to form a good seal	
8.	Breathe in quickly and steadily so capsule vibrates	
9.	Hold breath for about 5 seconds, or for as long as comfortable	
10.	While holding breath, remove inhaler from mouth	
11.	Breathe out gently, away from inhaler	
12.	Open mouthpiece and remove capsule	
13.	If more than one dose is needed, repeat steps 3-12	
14.	Close mouthpiece and cap	
Score /14		
Feedback:		

Genuair



Step	Instructions	Score
1.	Check dose counter	
2.	Remove cap by squeezing arrows and pulling	
3.	Hold inhaler so large coloured button is facing straight up	
4.	Without tilting inhaler, press and release the button	
5.	Check control window has changed from red to green	
6.	Breathe out gently, away from the inhaler	
7.	Place mouthpiece in mouth and close lips to form a good seal. Keep inhaler horizontal.	
8.	Breathe in strongly and deeply. Keep breathing in after click is heard	
9.	Hold breath for 5 seconds or as long as is comfortable	
10.	While holding breath, remove inhaler from mouth	
11.	Breathe out gently, away from inhaler	
12.	Check control window has changed to red	
13.	Replace cap to cover the mouthpiece	

Score /13

Feedback:

Handihaler



Step	Instructions	Score
1.	Open cap	
2.	Flip open mouthpiece	
3.	Remove capsule from blister and place in chamber	
4.	Close mouthpiece until it clicks	
5.	Press green piercing button in once and release (do not shake)	
6.	Breathe out gently, away from the inhaler	
7.	Place mouthpiece between teeth and close lips to form a good seal. Keep inhaler horizontal.	
8.	Breathe in slowly and deeply, so capsule vibrates	
9.	Keep breathing in as long as is comfortable	
10.	While holding breath, remove inhaler from mouth	
11.	Breathe out gently, away from inhaler	
12.	Repeat steps 7-11 to take the full dose	
13.	Open the mouthpiece to remove capsule	
14.	Close mouthpiece and cap	
Score		/14
Feedback:		

Respimat



To prime device: With the cap closed, press the safety catch whilst pulling off the clear base. Take the Respimat cartridge from the box. Push the narrow end of the cartridge into the inhaler. The cartridge can be pushed against a firm surface to ensure it is correctly inserted. Put the clear base back into place.

Step	Instructions	Score
1.	Hold inhaler upright with cap closed	
2.	Turn base in direction of arrow until it clicks	
3.	Open the cap until it snaps fully open	
4.	Breathe out gently away from inhaler	
5.	Place mouthpiece in mouth and close lips to form a good seal. Do not cover air vents	
6.	Breathe in slowly and deeply through mouth and, at the same time, press down on the dose button	
7.	Keep breathing in slowly and deeply	
8.	Hold breath for 5 seconds or as long as comfortable	
9.	While holding breath, remove inhaler from mouth	
10.	Breathe out gently away from the inhaler	
11.	Click cap shut	
12.	If a second dose is required repeat step 1-11.	

Score /12

Feedback:

Turbohaler



To prime device: Unscrew the cover and lift off. Hold the device upright. Twist the grip fully to the right and back the left until it clicks. Repeat this one further time. The turbohaler is now ready to use.

Step	Instructions	Score
1.	Unscrew and remove the cover	
2.	Check dose counter	
3.	Keep inhaler upright while twisting grip	
4.	Twist around and then back until a click is heard	
5.	Breathe out gently away from the inhaler	
6.	Place mouthpiece between teeth without biting and close lips to form a seal	
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 required repeat steps 2-10	
12.	Replace cover	

Score /12

Feedback:

Spiromax



Step	Instructions	Score
1.	Remove inhaler cap	
2.	Check dose counter (if applicable)	
3.	Breathe out gently away from the inhaler	
4.	Put mouthpiece between the teeth without biting and close lips to form a seal	
5.	Breathe in through the mouth steadily and deeply	
6.	Keeping breathing in slowly and deeply until you have taken a full deep breath	
7.	Hold breath for 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 a second dose is needed, repeat steps 2-10	
11.	Replace cap	
		Score / 11
Feedback:		