

Inhaler Technique

As only 10-15% of the medication reaches the lower airways, good technique is very important.

1. Stand or sit upright
2. Remove the dust cap from the inhaler
3. Shake the inhaler well
4. Hold the inhaler upright, with your thumb on the base
5. Take a deep breath in, then breathe all the way out
6. Place the mouthpiece in the mouth, sealing your lips firmly around it
7. Start to breathe in and at the same time press the top of the inhaler fully once the release
8. Continue to breathe in slowly and deeply
9. Hold your breath for 10 seconds or as long as is comfortably possible
10. If a second dose is required, take a short rest of about 30-60 seconds, and repeat steps 3-9 for each puff of each inhaler
11. Always replace the dust cap after use

12. Always remember to gargle with water after using your inhalers and spit out the residue

Further advice:

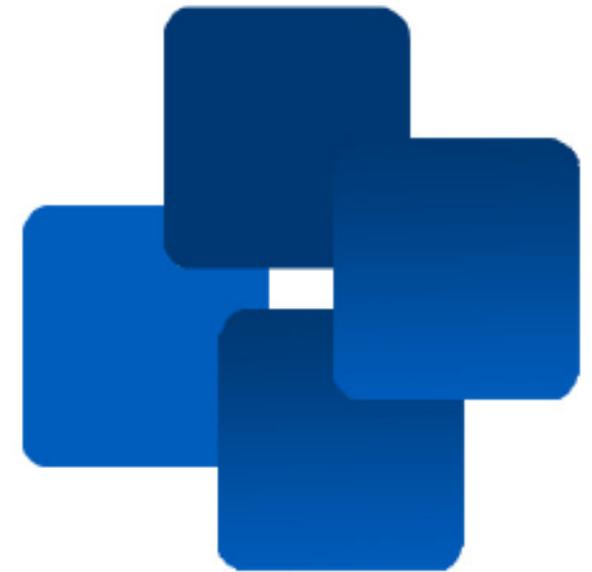
- This technique may need to be practised several times. If you see a mist coming from the top of the inhaler, or the sides of the mouth, the technique is incorrect and needs more practice.
- How long my inhalers will last: All inhalers which contain pressurised gas, will only last as long as the number of doses stated on the box. E.g. Salbutamol inhaler has 200 doses. If it is being used 2 puffs 4 times daily it will only last 25 days.

You can request this information in a different format or another language.

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Inhaler information leaflet



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