

## Inhalers

Inhalers are used to deliver medication to the lungs in the form of a powder or aerosol. There are many types of inhalers many of which have different instructions for use. Read all the information in the packaging before assisting for the first time or use your mobile phone to access the QR code on this chart to see how-to-videos. Incorrect use of an inhaler may mean that the medication does not reach the lower airways where it is needed.

**National Asthma Council AUSTRALIA**

### ASTHMA & COPD MEDICATIONS

**SABA RELIEVERS**

- Verolyn Inhaler + A salbutamol 100mcg
- Astrol Inhaler + A salbutamol 100mcg
- Bricanyl Turbuhaler + C terbutaline 500mcg
- Airmax Autohaler + B salbutamol 100mcg

**ICS PREVENTERS**

- Fluticortide Inhaler + Fluticasone propionate 50mcg + 250mcg + 250mcg \*Fluticortide Junior
- Fluticasone Cipla Inhaler + Fluticasone propionate 125mcg + 250mcg
- Fluticortide Accuhaler + Fluticasone propionate 100mcg + 250mcg + 500mcg
- QVAR Inhaler + budesonide 50mcg + 100mcg
- Pulmicort Turbuhaler + budesonide 100mcg + 200mcg + 400mcg
- QVAR Autohaler + budesonide 50mcg + 100mcg
- Arvovent Metered Aerosol + A ipratropium 2mcg
- Montelukast Tablets + montelukast 4mg + 10mg + 10mg Generic medicine suppliers

**LAMA MEDICATIONS**

- Spiriva Respimat + A/B tiotropium 2.5mcg
- Spiriva Handihaler + tiotropium 18mcg
- Bravus Zonda + tiotropium 13mcg
- Breathis Generall + acclidium 32mcg
- Seebri Breezhaler + glycopyrronium 50mcg
- Incroze Ellipta + umecidinium 62.5mcg

**ICS/LABA COMBINATIONS**

- Seretide MPI + Fluticasone + Salmeterol 50/25 + 125/25 + 250/25 C
- Fluticasone + Salmeterol Cipla Inhaler + Fluticasone propionate/salmeterol 125/25 + 250/25 C
- Seretide Accuhaler + Fluticasone propionate/salmeterol 100/50 + 250/50 + 500/50 C
- Flutiform Inhaler + Fluticasone propionate/formoterol 50/5 + 125/5 + 250/10
- Symbicort Turbuhaler + budesonide/formoterol 160/8 + 200/8 + 400/12 C
- DuoResp Spiromax + budesonide/formoterol 200/8 + 400/12 C
- Symbicort Rapihaler + budesonide/formoterol 50/2 + 100/2 + 200/2 C
- Breo Ellipta + fluticasone/formoterol/vilanterol 100/25 + 200/25
- Forair Inhaler + beclomethasone/formoterol 180/3 all units in mcg
- Atectura Breezhaler + indacaterol/mometasone 125/62.5 + 125/125 + 125/250 all units in mcg

**LAMA/LABA COMBINATIONS**

- Spiolto Respimat + tiotropium/olodaterol 2.5/2.5
- Brimica Generall + acclidium/formoterol 34/12
- Unibro Breezhaler + indacaterol/glycopyrronium 110/50 all units in mcg
- Anoro Ellipta + umecidinium/vilanterol 62.5/25

**LABA MEDICATIONS**

- Oxis Turbuhaler + formoterol 10mcg + 12mcg
- Serevent Accuhaler + salmeterol 50mcg
- Ombree Breezhaler + indacaterol 100mcg + 200mcg

**ICS/LAMA/LABA**

- Treligy Ellipta + fluticasone/umecidinium/vilanterol 100/62.5/25mcg
- Energizer Breezhaler + fluticasone/glycopyrronium/mometasone 114/44/130mcg + 154/44/160mcg
- Trimbow Inhaler + beclomethasone/Formoterol/Glycopyrronium 180/3/10mcg

**RESOURCES**

**TREATMENT GUIDELINES**  
Australian Asthma Handbook  
asthmahandbook.org.au

**COPD X Plan**  
copdx.org.au

**COPD Inhaler Device Chart Poster**  
lungfoundation.com.au/resources/copd-inhaler-device-chart-poster/

**INHALER TECHNIQUE**  
How-to videos, patient and practitioner information  
nationalasthma.org.au

**HOW-TO VIDEOS**  
Inhalers/MDIs should be used with a compatible spacer

**QR CODE**  
SCAN ME

**PBS PRESCRIBERS** + Asthma unrestricted benefit ‡ Asthma restricted benefit \* Asthma authority required # COPD unrestricted benefit \* COPD restricted benefit \* COPD authority required  
Check TGA and PBS for current age and condition criteria

This chart was developed in day and night by the National Asthma Council Australia with support from AstraZeneca Australia, Cipla Australasia, Cipla Australia, 2022 © National Asthma Council Australia

Figure 1 National Asthma Council Asthma and COPD Medications

## Process






1. Perform hand hygiene and put on disposable gloves.
2. Prepare the inhaler (and spacer if the person is using one). This may mean checking the dose counter, shaking it well, removing the cap, putting in a capsule or disk, priming it, clicking a button or twisting the base and checking it is clean and free from dust or dirt– make sure you know how to prepare the inhaler you are assisting with.
3. Assist the person to sit up or stand and advise them on how to make the inhaler work –this may be to press a button, breathe in as normal or breathe in fast and sharp
4. Advise the person on how to best use the medication – this may be to take a deep breath before using the inhaler, breathe normally or hold their breath after using the inhaler.
5. If there is one, check the counter or capsule to make sure all the medicine has been taken
6. Store the device as recommended by the manufacturer

## 7. Remove gloves and perform hand hygiene.

### Inhaler technique

#### Device-specific checklists

Use these checklists to teach, check and/or confirm the way your patients use their inhalers. Assess patients' inhaler technique at every opportunity.

General tips for inhalers	Pressurised metered-dose inhaler (pMDI)	pMDI & spacer	Accuhaler	Autohaler	Breezhaler
<ul style="list-style-type: none"> <li>▶ Turbuhalers, Respimat and pMDI devices should be primed before they are used for the first time.</li> <li>▶ For inhalers with a dose counter, it is important to check there are sufficient doses remaining in the inhaler before each use.</li> <li>▶ For the Respimat inhaler, ensure the cartridge has been loaded into the device before using the inhaler for the first time.</li> <li>▶ All pMDIs should be shaken before each dose. Do not shake dry powder inhalers (DPIs).</li> <li>▶ For all types of inhalers, it is important to keep the chin tilted up so the medicine reaches the lungs effectively.</li> <li>▶ After use, wipe down the mouthpiece of the inhaler with a dry cloth.</li> <li>▶ For inhalers containing corticosteroids, it is important to rinse the mouth out with water after using the inhaler to remove any residual medicine. This will reduce the likelihood of voice changes and oral thrush.</li> </ul>	 <ol style="list-style-type: none"> <li>1. Remove inhaler cap</li> <li>2. Hold inhaler upright and shake well</li> <li>3. Breathe out gently, away from the inhaler</li> <li>4. Put mouthpiece between teeth without biting and close lips to form a good seal</li> <li>5. Breathe in slowly through the mouth and, at the same time, press down firmly on canister</li> <li>6. Keep breathing in slowly and deeply and hold breath for about 5 seconds or as long as comfortable</li> <li>7. While holding breath, remove inhaler from mouth</li> <li>8. Breathe out gently, away from the inhaler</li> <li>9. If an extra dose is needed, repeat steps 2 to 8</li> <li>10. Replace cap</li> </ol>	 <ol style="list-style-type: none"> <li>1. Prepare the spacer*</li> <li>2. Remove inhaler cap</li> <li>3. Hold inhaler upright and shake well before inserting into spacer</li> <li>4. Put mouthpiece between teeth without biting and close lips to form a good seal</li> <li>5. Breathe out gently, into the spacer</li> <li>6. Hold spacer level and press down firmly on inhaler canister once</li> <li>7. <b>Single breath:</b> Breathe in slowly and deeply and hold breath for around 5 seconds or as long as comfortable. Take spacer out of mouth while holding breath <b>OR</b> <b>Tidal breath:**</b> Breathe in and out normally for 3 or 4 breaths before removing spacer from the mouth</li> <li>8. Breathe out gently</li> <li>9. Remove inhaler from spacer</li> <li>10. If an extra dose is needed, repeat steps 3 to 9</li> <li>11. Replace cap on inhaler</li> </ol>	 <ol style="list-style-type: none"> <li>1. Open cover using thumb grip</li> <li>2. Hold horizontally, load dose by sliding lever until it clicks</li> <li>3. Breathe out gently, away from the inhaler</li> <li>4. Place mouthpiece in mouth and close lips to form a good seal, keep inhaler horizontal</li> <li>5. Breathe in steadily and deeply</li> <li>6. Hold breath for about 5 seconds or as long as comfortable</li> <li>7. While holding breath, remove inhaler from mouth</li> <li>8. Breathe out gently, away from the inhaler</li> <li>9. If an extra dose is needed* repeat steps 2 to 8</li> <li>10. Close cover to click shut</li> </ol>	 <ol style="list-style-type: none"> <li>1. Remove cap</li> <li>2. Hold inhaler upright and shake well</li> <li>3. Push lever up</li> <li>4. Breathe out gently, away from the inhaler</li> <li>5. Put mouthpiece between teeth without biting and close lips to form good seal</li> <li>6. Breathe in slowly and deeply. Keep breathing in after hearing click</li> <li>7. Hold breath for about 5 seconds or as long as comfortable</li> <li>8. While holding breath, remove inhaler from mouth</li> <li>9. Breathe out gently, away from the inhaler</li> <li>10. Push lever down</li> <li>11. If an extra dose is needed, repeat steps 2 to 10</li> <li>12. Replace cap</li> </ol>	 <ol style="list-style-type: none"> <li>1. Remove cap</li> <li>2. Flip mouthpiece to open</li> <li>3. Remove capsule from blister and place in chamber</li> <li>4. Close mouthpiece until it clicks</li> <li>5. Press side buttons in once and release (do not shake)</li> <li>6. Breathe out gently, away from inhaler</li> <li>7. Put mouthpiece between teeth without biting and close lips to form good seal</li> <li>8. Breathe in quickly and steadily, so capsule vibrates</li> <li>9. Hold breath for about 5 seconds, or as long as comfortable</li> <li>10. While holding breath, remove inhaler from mouth</li> <li>11. Breathe out gently, away from inhaler</li> <li>12. Open mouthpiece and remove capsule</li> <li>13. If more than one dose is needed* repeat steps 3 to 12</li> <li>14. Close mouthpiece and cap</li> </ol>

\* New plastic spacers should be prewashed in warm water and dishwashing detergent (without rinsing), and air-dried before first use.  
 \*\* Tidal breathing recommended for young children and during acute flare ups.  
 † Not usually appropriate for medicines delivered by this device.

### Risks/Considerations

- ⚠ Always follow the instructions to prime a new inhaler if needed to ensure the person gets a full dose
- ⚠ Watch the person to ensure they are using the inhaler correctly at every opportunity; this check-list can be used assess patients' inhaler technique. There should be no escape of medication from the sides of the mouth. Escalate all concerns.

Figure 2 National Asthma Council Inhaler Technique Checklist

- ⚠ Capsules for use in Handihaler® devices should not be pushed through the foil as it may damage them, carefully peel back the foil to remove