

CHECKLIST FOR PROPER INHALATION TECHNIQUE

DISC

V 1-3: QUESTIONS ABOUT CORRECT PREPARATION FOR INHALATION

A 4-9: QUESTIONS ABOUT CORRECT INHALATION ROUTINE

B 10: QUESTIONS ABOUT CORRECT ENDING OF INHALATION

	Procedure for proper inhalation technique	Inhalation fault (checklist)	Fault
V1	Hold the disc horizontal with the mouthpiece facing you and the counter pointing up. Hold the outer housing with one hand. Place the other hand's thumb on the grip provided for this purpose.	The disc is not held correctly.	
V2	Open the disc by pushing away the thumb grip until the mouth piece and lever appear and a click is heard.	The disc has not been opened correctly.	
V3	To load a dose, tighten the disc by pushing away the lever until a click is heard.	The disc is not correctly tightened and the dose is not correctly loaded.	
A4	Inhale in an upright posture (seated or standing).	Inhalation in an unfavourable posture.	
A5	Before inhalation, exhale fully (but not into the mouthpiece).	Before inhalation, exhalation was insufficient or took place into the mouthpiece.	
A6	Tightly wrap the mouthpiece with your lips.	The mouthpiece is not tightly wrapped by the lips, or triggering takes place against the teeth, lips, or tongue.	
A7	Inhale vigorously, rapidly and deeply.	Inhalation was not deep or vigorous enough.	
A8	Hold your breath for 5-10 seconds, if possible.	Breath was held too briefly or not at all after inhalation.	
A9	Do not exhale into the mouthpiece.	Exhalation took place into the mouthpiece.	
B10	Close the disc after finishing inhalation. Use the counter to check the delivered dose.	The disc is not closed after the end of inhalation. The counter has not been checked or a wrong dose was dispensed.	