

**CHECKLIST FOR PROPER INHALATION TECHNIQUE  
METERED-DOSE INHALER**

**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	Join the inhalation aid and pressure container together.	The inhalation aid and pressure container are incorrectly joined.	
V2	Remove the mouthpiece's cap.	The cap has not been removed.	
V3	Hold the metered-dose inhaler between your thumb and middle finger with the thumb pointing down, and shake at least five times.	The inhaler has not been shaken.	
A4	Exhale fully before inhaling.	Insufficient or no exhalation before inhalation.	
A5	Inhale in an upright posture (seated or standing).	Inhalation in a reclining or non-upright position.	
A6	Hold the inhaler upright during release. Tightly wrap the mouthpiece with your lips.	The inhaler is not held upright. The mouthpiece is not tightly wrapped by the lips, or release takes place against the teeth, lips, or tongue.	
A7	Perform release on commencing inhalation. Inhale through your mouth. Use one burst of spray per inhalation.	Release takes place in the middle / at the end of inhalation. Insufficient coordination between inhalation and spray release. Incorrect inhalation (not through the mouth, lips not tightly closed). Multiple triggering of the metered-dose inhaler per inhalation.	
A8	Inhale slowly and deeply.	Inhalation is too shallow or fast.	
A9	Hold your breath for 5-10 seconds, if possible.	Breath was held too briefly or not at all after inhalation.	
B10	Fit the protective cap.	The protective cap was not fitted.	