

**CHECKLIST FOR PROPER INHALATION TECHNIQUE
TURBOHALER**

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	Remove the protective cap.	The protective cap was not removed.	
V2	Load a dose by rotating the ring located away from the mouthpiece.	The dosage ring was not correctly rotated.	
V3	Hold the Turbohaler upright while loading a dose.	The Turbohaler was not held upright.	
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 release takes place against the teeth, lips, or tongue.	
A7	Inhale vigorously, rapidly and deeply. Hold the Turbohaler horizontally during inhalation. Do not block the air inlets during inhalation.	Inhalation was not deep or vigorous enough. The Turbohaler was not held horizontally. The air inlets were blocked by fingers.	
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	Replace the protective cap after finishing inhalation. Use the counter (if present) to check the dispensed dose.	The protective cap is not replaced after end of inhalation. The counter has not been checked or a wrong dose was dispensed.	