

**CHECKLIST FOR PROPER INHALATION TECHNIQUE
HANDIHALER**

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, pull up the mouthpiece, and open the inhaler to insert a capsule. | The inhaler is not correctly opened. | |
| V2 | Remove a capsule from the blister pack and insert it into the inhaler's capsule compartment. | The capsule is not correctly removed from the blister pack, or inserted incorrectly into the capsule compartment. | |
| V3 | Pierce the capsule by pressing the buttons provided for this purpose. | The capsule is pierced incorrectly. | |
| 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, slowly 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 | Remove the capsule to check whether it was pierced and fully emptied. | No check is performed as to whether the capsule contains residual powder after inhalation. | |