

Inhalers

Inhalers

SABA RELIEVERS



Ventolin Inhaler † ^
salbutamol 100mcg



Asmol Inhaler † ^
salbutamol 100mcg



Bricanyl Turbuhaler ^a c
terbutaline 500mcg



Airomir Autohaler ‡ #
salbutamol 100mcg

ICS PREVENTERS



Flixotide Inhaler †
fluticasone propionate
50mcg* • 125mcg • 250mcg
*Flixotide Junior



Fluticasone Cipla Inhaler †
fluticasone propionate
125mcg • 250mcg



Flixotide Accuhaler †
fluticasone propionate
100mcg* • 250mcg • 500mcg



QVAR Inhaler †
beclomethasone
50mcg • 100mcg

ICS/LABA COMBINATIONS



Seretide MDI ^a
fluticasone propionate/salmeterol
50/25 • 125/25 • 250/25 c



Fluticasone + Salmeterol Cipla Inhaler ^a
fluticasone propionate/salmeterol
125/25 • 250/25 c



Seretide Accuhaler ^a
fluticasone propionate/salmeterol
100/50 • 250/50 • 500/50 c



Flutiform Inhaler ^a
fluticasone propionate/formoterol
50/5 • 125/5 • 250/10

LAMA MEDICATIONS



Spiriva Respimat # †/a
tiotropium 2.5mcg



Spiriva Handihaler #
tiotropium 18mcg



Braltus Zonda #
tiotropium 13mcg



Bretaris Genuair #
acridinium 322mcg

RESOURCES

TREATMENT GUIDELINES
Australian Asthma Handbook:
asthmahandbook.org.au
COPD-X Plan:
copdx.org.au

INHALER TECHNIQUE

How-to videos, patient and practitioner information
nationalasthma.org.au
Inhalers/MDIs should be used with a compatible spacer

HOW-TO VIDEOS



SCAN ME

SAMA MEDICATION



Atrovent Metered Aerosol † ^
ipratropium 21mcg

NON STEROIDAL PREVENTER



Montelukast Tablet ^a
montelukast
4mg • 5mg • 10mg
Generic medicine suppliers

LABA MEDICATIONS



Oxis Turbuhaler ‡
formoterol
6mcg • 12mcg



Serevent Accuhaler ‡
salmeterol
50mcg



Onbrez Breezhaler #
indacaterol
150mcg • 300mcg

LAMA/LABA COMBINATIONS



Spiolto Respimat ^c
tiotropium/budaterol
2.5/2.5



Brimica Genuair ^c
acridinium/formoterol
340/12

ICS/LAMA/LABA



Fostair Inhaler ^a
beclomethasone/formoterol
100/6
all units in mcg



Ultibro Breezhaler ^c
indacaterol/glycopyrronium
110/50
all units in mcg



Anoro Ellipta ^c
umeclidinium/vilanterol
62.5/25



Trelegy Ellipta ^c
fluticasone furoate/umeclidinium/vilanterol
100/62.5/25mcg

SABA

Drug	Brand	Dose	Notes
Salbutamol	 Ventolin Inhaler † ^ salbutamol 100mcg  Asmol Inhaler † ^ salbutamol 100mcg  Airomir Autohaler ‡ # salbutamol 100mcg	Symptom relief - 1-2 puff PRN QID EXACERBATION ASTHMA: - Age<6: 2-6puff - Age>6: 4-12puff COPD: - 4-8 puff every 1-6hrs	

Terbutaline	 Bricanyl Turbuhaler^{a c} terbutaline 500mcg	- Child: 1-2 puff PRN QID - Adult: 1-3 puff PRN QID	
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SAMA

Drug	Brand	Dose	Notes
Ipratropium	 Atrovent Metered Aerosol^{† ^} ipratropium 21mcg	<u>COPD/ Asthma</u> - 2 puff (42µg) TDS/QID PRN <u>Acute asthma</u> - Age: <6: 4 puff (84µg) every 20min - Age: >6: 8 puff (168µg) every 20min	

ICS

NOTE: doses are daily doses. Divide by frequency to make appropriate dose

Drug	Brand	DAILY Dose			Dose Freq	Notes
		Low	Medium	High		
Beclomethasone	 QVAR Inhaler[†] beclomethasone 50mcg • 100mcg  QVAR Autohaler[‡] beclomethasone 50mcg • 100mcg	<u>Children:</u> 100-200µg <u>Adults:</u> 100-200µg	<u>Children:</u> NA <u>Adults:</u> 250-400µg	<u>Children:</u> >200µg (MAX: 400) <u>Adults:</u> >400µg	BD	

Budesonide	 Pulmicort Turbuhaler † budesonide 100mcg • 200mcg • 400mcg	<u>Children:</u> 200-400µg <u>Adults:</u> 200-400µg	<u>Children:</u> NA <u>Adults:</u> 500-800µg	<u>Children:</u> 400µg (MAX: 800) <u>Adults:</u> >800µg	BD Daily dosing possible up to 400µg	
Ciclesonide	 Alvesco Inhaler † ciclesonide 80mcg • 160mcg	<u>Children:</u> 80-160µg <u>Adults:</u> 80-160µg	<u>Children:</u> NA <u>Adults:</u> 240-320µg	<u>Children:</u> 160µg (MAX:320) <u>Adults:</u> >320µg	Daily	
Fluticasone furoate	 Arnuity Ellipta † fluticasone furoate 50mcg • 100mcg • 200mcg	<u>Children:</u> 50µg <u>Adults:</u> 50µg	<u>Children:</u> NA <u>Adults:</u> 100µg	<u>Children:</u> 100µg (MAX:) <u>Adults:</u> 200µg	Daily	
Fluticasone propionate	 Flixotide Inhaler † fluticasone propionate 50mcg • 125mcg • 250mcg *Flixotide Junior  Flixotide Accuhaler † fluticasone propionate 100mcg • 250mcg • 500mcg  Fluticasone Cipla Inhaler † fluticasone propionate 125mcg • 250mcg	<u>Children:</u> 100-200µg <u>Adults:</u> 100-200µg	<u>Children:</u> NA <u>Adults:</u> 250-500µg	<u>Children:</u> 200µg (MAX:500) <u>Adults:</u> >500µg	BD	

LABA

Drug	Brand	Dose	Notes
Formoterol	 Oxis Turbuhaler ‡ formoterol 6mcg • 12mcg	<u>Asthma/COPD:</u> - 6-12µg BD	
Salmeterol	 Serevent Accuhaler ‡ salmeterol 50mcg	<u>Asthma/ COPD:</u> - 50µg BD	
Indacaterol	 Onbrez Breezhaler # indacaterol 150mcg • 300mcg	<u>Asthma/ COPD:</u> - 150-300µg daily	

LAMA

Drug	Brand	Dose	Notes
Tiotropium	 Spiriva Handihaler # tiotropium 18mcg	<u>COPD:</u> - 18µg (1 capsule) daily	
	 Braltus Zonda # tiotropium 13mcg	<u>COPD:</u> - 13µg (1 capsule) daily - *NOTE: Braltus and Spiriva Handihaler deliver 10µg/ capsule)	
	 Spiriva Respimat # $\pm/a$ tiotropium 2.5mcg	<u>Asthma:</u> - 2 inhal (5µg) daily	
Acclidinium	 Bretaris Genuair # aclidinium 322mcg	<u>COPD:</u> - 1 inhal (322µg) daily	
Glycopyrronium	 Seebri Breezhaler # glycopyrronium 50mcg	<u>COPD:</u> - 50µg (1 capsule) daily	
Umeclidinium	 Incruse Ellipta # umeclidinium 62.5mcg	<u>COPD:</u> - 62.5µg (1 inhal) daily	

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LAMA/ LABA

Drug	Brand	Dose	Notes
Tiotropium/ olodaterol	 Spiolto Respimat^C tiotropium/olodaterol 2.5/2.5	<u>COPD:</u> - 2 inhal daily	
Acclidinium/ formoterol	 Brimica Genuair^C aclidinium/formoterol 340/12	<u>COPD:</u> - 1 inhal BD	
Indacaterol/ glycopyrronium	 Ultibro Breezhaler^C indacaterol/glycopyrronium 110/50	<u>COPD:</u> - 1 capsule (110/50µg) daily	
Umeclidinium/ vilanterol	 Anoro Ellipta^C umeclidinium/vilanterol 62.5/25	<u>COPD:</u> - 1 inhal daily	

ICS/ LABA

Drug	Brand	Dose	Notes
Fluticasone propionate/ salmeterol	 Seretide MDI^a fluticasone propionate/salmeterol 50/25 • 125/25 • 250/25 ^c	MDI <u>Asthma:</u> - 2 inhal BD of (50/25, 125/25 or 250/25) <u>COPD:</u> - 2 inhal BD of (125/25 or 250/25)	
	 Fluticasone + Salmeterol Cipla Inhaler^a fluticasone propionate/salmeterol 125/25 • 250/25 ^c		
	 Seretide Accuhaler^a fluticasone propionate/salmeterol 100/50 • 250/50 • 500/50 ^c		
Fluticasone propionate/ formoterol	 Flutiform Inhaler^a fluticasone propionate/formoterol 50/5 • 125/5 • 250/10	MDI <u>Asthma:</u> - 2 inhal BD of (50/5, 125/5 or 250/10)	
Budesonide/ formoterol	 Symbicort Rapihaler^a budesonide/formoterol 50/3 • 100/3 • 200/6 ^c	MDI <u>Asthma:</u> - Maintenance: 100/6-400/12µg BD - Symptom relief mild asthma: o 100/3µg inhaler: 2puff (repeated max 12 inhalations/ time. Max 24inhal/day) o 200/6: 1puff (repeated max 6 inhal/time. Max 12inhal/ day) <u>COPD:</u> - 2 inhal BD of (200/6)	
	 DuoResp Spiromax^a budesonide/formoterol 200/6 • 400/12 ^c		

	 Symbicort Turbuhaler^a budesonide/formoterol 100/6 • 200/6 • 400/12^c	DPI <u>Asthma:</u> - Maintenance: 100/6-400/12µg BD - Symptom relief: - o 200/6: 1puff (repeated max 6 inhal/time. Max 12inhal/ day) <u>COPD:</u> - 1 inhal BD of (400/12)	
Fluticasone furoate/ vilanterol	 Breo Ellipta^a fluticasone furoate/vilanterol 100/25^c • 200/25	DPI <u>Asthma:</u> - 1 inhal daily of (100/25 or 200/25) <u>COPD:</u> - 1 inhal daily of 100/25 *↑dose shows no benefit	
Beclomethasone/ formoterol	 Fostair Inhaler^a beclomethasone/formoterol 100/6	<u>Asthma:</u> - 1-2 inhal BD of (100/6) <u>COPD:</u> - 2 inhal BD of (100/6)	

ICS/ LAMA/ LABA

Drug	Brand	Dose	Notes
Fluticasone furoate/ umeclidinium/ vilanterol	 Trelegy Ellipta^c fluticasone furoate/ umeclidinium/vilanterol 100/62.5/25mcg	<u>COPD:</u> - 1 inhal daily	

OTHER

Drug	Brand	Dose	Notes
Montelukast	 Montelukast Tablet^a montelukast 4mg • 5mg • 10mg	<u>Asthma:</u> - <6yrs: 4mg daily - 6-15yr: 5mg daily - >15yrs: 10mg daily	

Key:

- † Asthma unrestricted benefit
- ‡ Asthma restricted benefit

- ^aAsthma authority required
- [^] COPD unrestricted benefit
- [#] COPD restricted benefit
- ^c COPD authority required

Technique of use

General tips for inhalers	Pressurised metered-dose inhaler (pMDI)	pMDI & spacer	Accuhaler	Autohaler	Breezhaler
▶ Turbuhalers, Respimat and pMDI devices should be primed before they are used for the first time. ▶ For inhalers with a dose counter, it is important to check there are sufficient doses remaining in the inhaler before each use. ▶ For the Respimat inhaler, ensure the cartridge has been loaded into the device before using the inhaler for the first time. ▶ All pMDIs should be shaken before each dose. Do not shake dry powder inhalers (DPIs). ▶ For all types of inhalers, it is important to keep the chin tilted up so the medicine reaches the lungs effectively. ▶ After use, wipe down the mouthpiece of the inhaler with a dry cloth. ▶ 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.	 1. Remove inhaler cap 2. Hold inhaler upright and shake well 3. Breathe out gently, away from the inhaler 4. Put mouthpiece between teeth without biting and close lips to form a good seal 5. Breathe in slowly through the mouth and, at the same time, press down firmly on canister 6. Keep breathing in slowly and deeply and hold breath for about 5 seconds or as long as comfortable 7. While holding breath, remove inhaler from mouth 8. Breathe out gently, away from the inhaler 9. If an extra dose is needed, repeat steps 2 to 8 10. Replace cap	 1. Prepare the spacer* 2. Remove inhaler cap 3. Hold inhaler upright and shake well before inserting into spacer 4. Put mouthpiece between teeth without biting and close lips to form a good seal 5. Breathe out gently, into the spacer 6. Hold spacer level and press down firmly on inhaler canister once 7. Single breath: 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 OR Tidal breath:** Breathe in and out normally for 3 or 4 breaths before removing spacer from the mouth 8. Breathe out gently 9. Remove inhaler from spacer 10. If an extra dose is needed, repeat steps 3 to 9 11. Replace cap on inhaler	 1. Open cover using thumb grip 2. Hold horizontally, load dose by sliding lever until it clicks 3. Breathe out gently, away from the inhaler 4. Place mouthpiece in mouth and close lips to form a good seal, keep inhaler horizontal 5. Breathe in steadily and deeply 6. Hold breath for about 5 seconds or as long as comfortable 7. While holding breath, remove inhaler from mouth 8. Breathe out gently, away from the inhaler 9. If an extra dose is needed* repeat steps 2 to 8 10. Close cover to click shut	 1. Remove cap 2. Hold inhaler upright and shake well 3. Push lever up 4. Breathe out gently, away from the inhaler 5. Put mouthpiece between teeth without biting and close lips to form good seal 6. Breathe in slowly and deeply. Keep breathing in after hearing click 7. Hold breath for about 5 seconds or as long as comfortable 8. While holding breath, remove inhaler from mouth 9. Breathe out gently, away from the inhaler 10. Push lever down 11. If an extra dose is needed, repeat steps 2 to 10 12. Replace cap	 1. Remove cap 2. Flip mouthpiece to open 3. Remove capsule from blister and place in chamber 4. Close mouthpiece until it clicks 5. Press side buttons in once and release (do not shake) 6. Breathe out gently, away from inhaler 7. Put mouthpiece between teeth without biting and close lips to form good seal 8. Breathe in quickly and steadily, so capsule vibrates 9. Hold breath for about 5 seconds, or as long as comfortable 10. While holding breath, remove inhaler from mouth 11. Breathe out gently, away from inhaler 12. Open mouthpiece and remove capsule 13. If more than one dose is needed,* repeat steps 3 to 12 14. Close mouthpiece and cap

* 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.

Ellipta	Genuair	Handihaler	Respimat	Spiromax	Turbuhaler
 1. Slide the cover down until you hear a click (do not shake) 2. Breathe out gently, away from the inhaler 3. Place mouthpiece in mouth and close lips to form a good seal. Do not cover air vent 4. Breathe in steadily and deeply 5. Hold breath for 5 seconds or as long as comfortable 6. While holding breath, remove inhaler from mouth 7. Breathe out gently, away from the inhaler 8. Slide the cover upwards as far as it will go, to cover the mouthpiece	 1. Remove cap by squeezing arrows and pulling 2. Hold inhaler so large coloured button is facing straight up 3. Without tilting inhaler, press and release the button 4. Check control window has changed to green 5. Breathe out gently, away from inhaler 6. Place mouthpiece in mouth and close lips to form a good seal. Keep inhaler horizontal 7. Breathe in strongly and deeply. Keep breathing in after click is heard 8. Hold breath for about 5 seconds or as long as comfortable 9. While holding breath, remove inhaler from mouth 10. Breathe out gently, away from inhaler 11. Check control window has changed to red. 12. Replace cap	 1. Open cap 2. Flip open mouthpiece 3. Remove capsule from blister and place in chamber 4. Close mouthpiece until it clicks 5. Press green piercing button in once and release (do not shake) 6. Breathe out gently, away from inhaler 7. Place mouthpiece between teeth without biting and close lips to form a good seal 8. Breathe in slowly and deeply, so capsule vibrates 9. Keep breathing in as long as comfortable 10. While holding breath, remove inhaler from mouth 11. Breathe out gently, away from inhaler 12. Repeat steps 7 to 11 to take the full dose 13. Open mouthpiece and remove capsule 14. Close mouthpiece and cap	 1. Hold inhaler upright with the cap closed 2. Turn base in direction of arrows until it clicks (half a turn) 3. Open the cap until it snaps fully open 4. Breathe out gently, away from inhaler 5. Place mouthpiece in mouth and close lips to form a good seal. Do not cover air vents 6. Breathe in slowly and deeply through mouth and, at the same time, press down on the dose button 7. Keep breathing in slowly and deeply 8. Hold breath for 5 seconds or as long as comfortable 9. While holding breath, remove inhaler from mouth 10. Breathe out gently, away from inhaler 11. Click cap shut 12. Repeat from step 1 to get the full dose (as two inhalations is the usual dose for medicines used with Respimat)	 1. Hold inhaler upright with mouthpiece cover at the bottom 2. Open the mouthpiece cover downwards until it clicks 3. Breathe out gently, away from inhaler 4. Place mouthpiece between teeth without biting and close lips to form a good seal. Do not cover air vents 5. Breathe in strongly and deeply 6. While holding breath, remove inhaler from mouth 7. Hold breath for 5 seconds or as long as comfortable 8. Breathe out gently, away from inhaler 9. Close mouthpiece cover 10. If an extra dose is needed, repeat steps 1 to 9	 1. Unscrew and remove cover 2. Keep inhaler upright while twisting grip 3. Twist around and then back until click is heard 4. Breathe out gently, away from the inhaler 5. Place mouthpiece between teeth without biting and close lips to form a good seal. Do not cover air vents 6. Breathe in strongly and deeply 7. Hold breath for about 5 seconds or as long as comfortable 8. Remove inhaler from mouth 9. Breathe out gently away from the inhaler 10. If an extra dose is needed, repeat steps 2 to 9 11. Replace cover

Other devices are available for inhaled medicines – please see the manufacturer's Product Information for instructions

These checklists are based on the National Asthma Council Australia's Information paper for health professionals: Inhaler technique for people with asthma or COPD. To view the full document visit: www.nationalasthma.org.au

<https://www.nationalasthma.org.au/living-with-asthma/resources/health-professionals/charts/inhaler-technique-checklists>

Sources:

- <https://www.nationalasthma.org.au/living-with-asthma/resources/health-professionals/charts/asthma-copd-medications-chart>
- <https://www.astmahandbook.org.au/management>