

## How to use your Turbohaler®

You have been prescribed a Turbohaler® to help manage your lung condition.

1. To open the Turbohaler®, unscrew and lift off the white cover.
2. Hold the Turbohaler® upright with the coloured grip at the bottom.
3. Twist the grip as far as it can go one way and then twist it back again until you hear a click. The dose is now ready.



4. Breathe out as much as is comfortable, away from the Turbohaler®.
5. Put the mouthpiece to your lips. Seal your lips around the mouthpiece.
6. Breathe in as quickly and deeply as you can until your lungs are full.
7. Remove the device and hold your breath for 5 to 10 seconds and then breathe out slowly.
8. Breathe normally.
9. For a second dose, wait 30 seconds and repeat steps 2 - 8.
10. Replace cover after use.

### Always:

- Check the dose counter on the side of the Turbohaler®. This tells you approximately how many doses are left. The dose counter counts down slowly in intervals of 10 i.e. 60, 50, 40, 30, 20, 10. A red band will start to appear on the dose counter when there are 20 doses left.
- Make sure that you order a spare Turbohaler® before your present inhaler runs out.
- Make sure that your Turbohaler® is in date. The expiry date is on the side of the Turbohaler®.
- Rinse your mouth or clean your teeth after using your preventer (steroid) inhaler to prevent infection in your mouth.
- Take your inhalers with you when you attend your GP, Practice Nurse, or the hospital.

### Cleaning:

Wipe the mouthpiece regularly with a clean dry tissue. Do not wash in water.

**If you need further help with your inhaler please contact your doctor, practice nurse, pharmacist or healthcare professional who gave you this leaflet.**

**Please use this information with the manufacturer's instruction leaflet.**