

# How to use a Turbuhaler®



Interior Health  
*Every person matters*

Patient Information

[www.interiorhealth.ca](http://www.interiorhealth.ca)

## Usage

- You **do not** need to shake the Turbuhaler® before using. If you do happen to shake it you will hear a sound. This sound is drying agent, not the medication.
- If you breathe into the Turbuhaler® or drop it after it is loaded, you will need to load another dose. Follow the steps from the beginning. You won't get a double dose.

## Cleaning

- Wipe the mouthpiece with a clean, dry, cloth or tissue.
- Never use water.

## Storage

- Keep the cap on when not in use.
- Keep it in a dry place at room temperature.
- Keep away from direct sunlight or heat.

## When to get a new Turbuhaler®

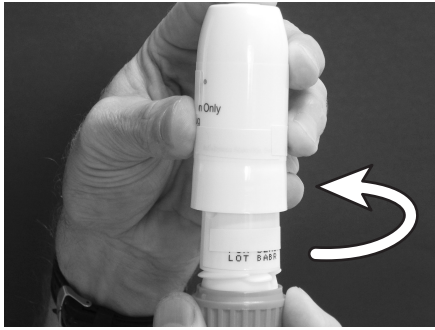
- Turbuhaler® has a window that shows you when the inhaler is empty and there are 2 types. Please see the package insert to find out when your inhaler is empty.
- Check the expiry date on your inhaler.
- You should have a new inhaler ready to use when the old one is empty or expired.

*This document is for informational purposes only. For detailed instructions on use of the Turbuhaler® and information about your medication please see the package insert or ask your pharmacist.*

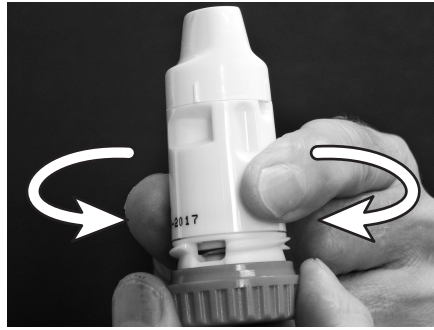
*more information on other side →*

Healthlink BC	Nurse	24 hours a day	Daily	<i>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</i>
<b>Call 8-1-1</b>	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
<a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>	Hearing Impaired	Call 7-1-1		

## How to use a Turbuhaler® (continued)



**1. Hold** the Turbuhaler® with the coloured grip on the bottom. **Twist** the cap off.



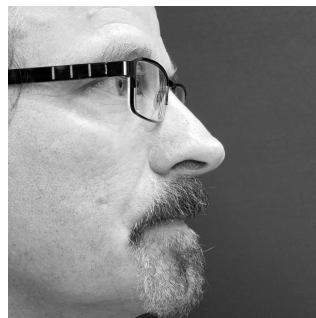
**2. Turn** the grip one way and back. You will **hear a click**.



**3. Breathe out**, away from the device.



**4. Put** the Turbuhaler® between your teeth and seal your lips around it. **Breathe in very fast**, until your lungs are full.



**5. Remove** the Turbuhaler® and **hold your breath** for **10 seconds**, if you can. **Breathe out**. If you need to take another puff **repeat steps 2 to 5**.



**6. Twist** the cap on.



**7. Rinse**, gargle and spit out.