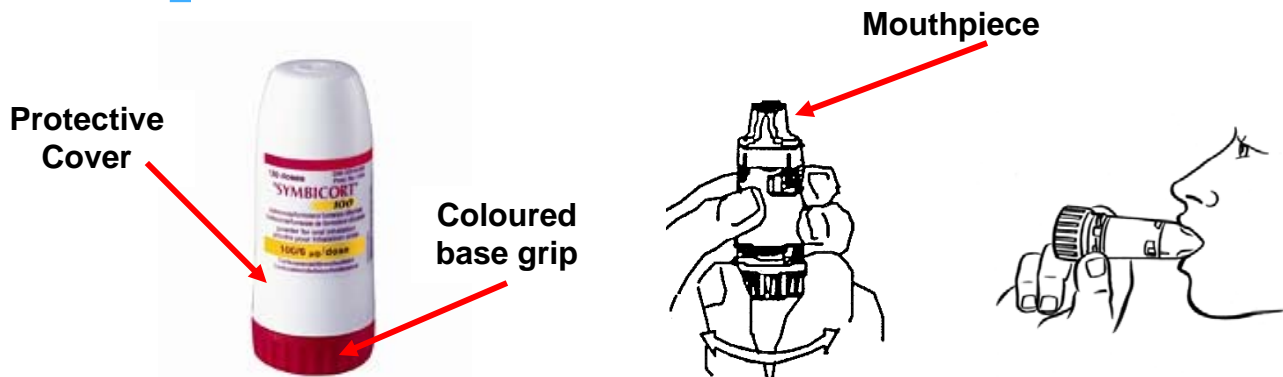


## Patient Information

### How to use the Turbohaler



#### "Twist"

1. Unscrew and lift off the **protective cover** of the Turbohaler
2. Hold the Turbohaler upright. **Twist** the coloured base grip as far as it will go in one direction and then **twist** it back. **You should hear a click.** This makes it ready to inhale and moves the counter on. (When you start a new Turbohaler repeat this step for the **first dose only** (i.e. 2 clicks))

#### "Breathe"

3. **Breathe out** gently away from the Turbohaler (to make room in your lungs to breathe in deeply). Put the mouthpiece between your lips and teeth and form a seal (do not chew or bite on the mouthpiece)
4. **Breathe in as deeply and as hard as you can** through your mouth to fill your lungs (you will need to breathe in **faster** than with a Metered Dose Inhaler (**MDI**)). Even when a full dose is taken there may be no taste
5. Remove the Turbohaler from your mouth and **hold your breath** for up to 10 seconds (to allow the drug to settle in your lungs)
6. **Breathe out slowly** (do not breathe out into the Turbohaler)

#### "Repeat"

7. Wait for 30 seconds before repeating steps 2 – 6 if you require a second dose
8. Replace the protective cover

A red line appears in the window on the side of the Turbohaler when there are 20 doses left.

***Breathe in deeply!***

To see a demonstration on correct inhaler technique visit

<http://www.asthma.org.uk/knowledge-bank-treatment-and-medicines-using-your-inhalers>

**Always rinse your mouth, gargle and spit out after using steroid inhalers (E.g. Beclometasone, Budesonide, Fluticasone (Fostair, Symbicort, Seretide))**  
Follow the information sheet supplied on how to look after your inhaler.