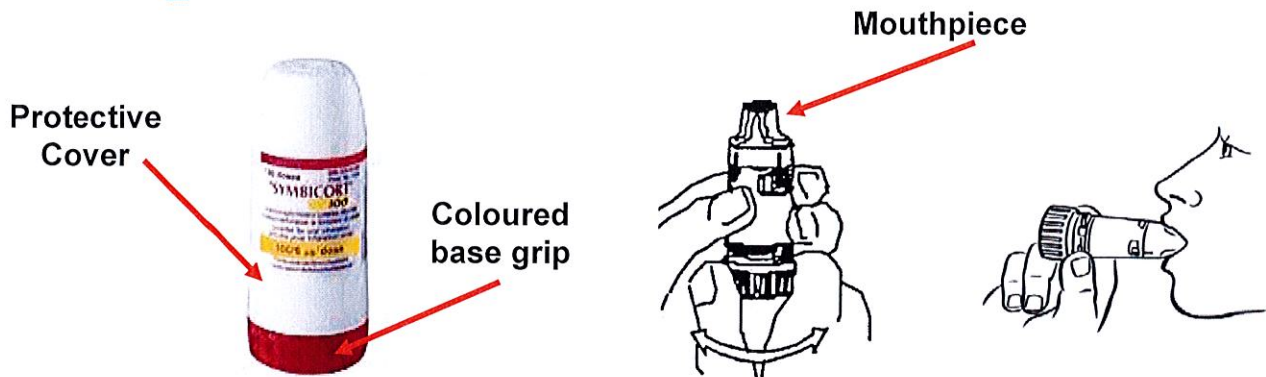


Patient Information

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.