

Using A Turbuhaler®

FACT Sheet

Unlike a Metered Dose Inhaler (puffer) that sprays out a puff of medicine, the medicine in a Turbuhaler® is a dry powder.

Note: If you are using the inhaler for the first time, check the instructions given with your device to see if you need to prime (prepare) it before use.

1. Holding it upright with the grip at the bottom, unscrew and remove the cover.
2. Turn the grip all the way in one direction then back all the way in the other direction. You will hear a click during this step, which means the medicine is loaded.

To make sure you don't lose the medicine after the device is loaded:

*Do not shake the Turbuhaler®
Do not tilt the mouthpiece down
Do not drop it
Do not breathe into the Turbuhaler®*

3. Breathe out away from the Turbuhaler®.
4. Place the mouthpiece between your teeth and seal your lips around it.
5. Breathe in quickly and deeply.
6. Hold your breath for 5-10 seconds.
7. If a second dose is required, repeat steps 2-6.
8. When finished, replace the Turbuhaler® cover and twist until it is tightly closed.

After taking an inhaled steroid medication, it is important to rinse with water, gargle and spit out.



Frequently Asked Questions

What is the noise I hear when I shake my Turbuhaler®?

When you shake a Turbuhaler®, it sounds like there is sand inside. This is not the medicine. What you hear is a drying agent that helps keep the medicine dry.

How do I know when my Turbuhaler® is empty?

Some have a dose counter that shows you how many doses are left. For others, a red mark appears in a little window when there are 20 doses left and it's time to order a new inhaler. When this red mark fills the counter window, the Turbuhaler® is empty.

Why do I not feel that I am inhaling any medicine when I use the device?

The amount of powder you inhale is very small, so you may not feel or taste it. As long as you follow the instructions and the inhaler is not empty, you will be getting the medicine.

Care and Maintenance

Since the Turbuhaler® contains dry medicine, keep moisture and water away from it.

Saliva (spit) on the mouthpiece should be removed with a dry tissue after each use.

Any questions?

Call The Lung Association Lung Health Information Line at **1-888-344-LUNG (5864)** to speak to a Certified Respiratory Educator, email us at info@on.lung.ca or visit www.on.lung.ca.