



**LUNG  
SASK**

**TURBUHALER<sup>®</sup>** (TURB-you-hay-ler)  
Inhaler Delivery Device

## PRIMING:

**Before this device is used for the FIRST time, it must be prepared for use.**

1. Hold the device upright, unscrew and lift off the cap.
2. Turn the coloured base in one direction and back until a click is heard. Repeat one more time.

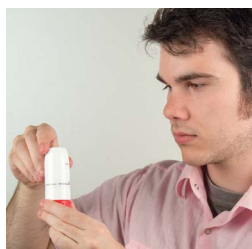
## HOW TO USE A TURBUHALER<sup>®</sup>

1. Hold the device upright, the coloured part is the base.
2. Hold the base and twist the cap counter-clockwise to remove cap.
3. Hold the base and turn all the way in one direction, then all the way back. The dose is now loaded.
4. Breathe out, away from the mouthpiece.
5. While holding the base, tilt your chin up slightly while bringing the device up to your mouth in a horizontal position. Place the mouthpiece between your teeth and seal your lips around it.
6. Breathe as quickly and deeply as you can through the mouthpiece, until your lungs are full.
7. Remove the inhaler from your mouth and hold your breath for 5-10 seconds.
8. Breathe out, away from the mouthpiece.
9. Repeat steps 3-8 if needed.
10. Twist cap to close, rinse your mouth with water and spit it out.

**NOTE: Do not shake or blow into the device. If you accidentally drop, shake or breathe out into the device after the dose has been loaded, you will lose your dose. If this happens, repeat STEP 3 to load a new dose.**



1. Hold upright



2. Twist open and remove cap



3. Turn base in one direction and back



4. Breathe out



5. Tilt head up slightly and seal lips around the mouthpiece



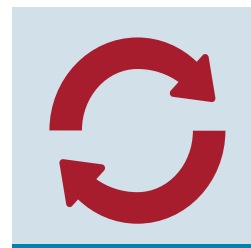
6. Breathe in quickly and deeply



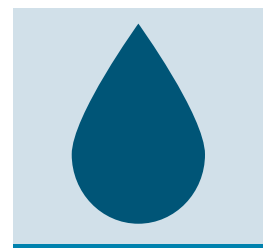
7. Hold your breath (5-10 secs)



8. Breathe out



9. Repeat steps 3-8 for the prescribed number of doses

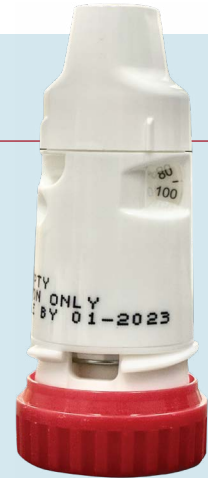


10. Twist cap to close and rinse your mouth

# TURBUHALER® Inhaler Delivery Device

## CARE OF A TURBUHALER®

1. Clean the mouthpiece using a dry tissue or cloth, gently wiping away any particles which have collected inside the mouthpiece.
2. Avoid moisture - never wash the device or blow into the mouthpiece.
3. Check the number in the dose window to see how many doses are left.
4. When a red mark appears in the dose counter window, the device has approximately 20 doses left. When the red mark reaches the bottom edge of the window, the device is empty.
5. Do not shake the inhaler or turn the coloured base more than described in the instructions or you will lose doses of medication.
6. Always check the inhaler's expiry date.



### Important information:

Turbuhaler® is the name of the inhaler delivery device. Medications in this device have a brand name and generic names.

### Inhalers available in the Turbuhaler®:

#### *Bricanyl®*

Generic name: terbutaline sulphate

Dose: 0.5 mcg per puff

Duration: 4-7h

#### *Pulmicort®*

Generic name: budesonide

Doses: 100; 200; 400 mcg per puff

Duration: 12h

#### *Symbicort®*

Generic name: budesonide/formoterol fumarate

Doses: 100/6; 200/6; 400/12 mcg per puff

Duration: 12h



lungsask.ca



For video instruction:  
[lungsask.ca/inhaler-resources](https://lungsask.ca/inhaler-resources)