

Turbuhaler®

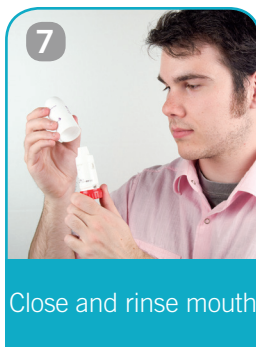
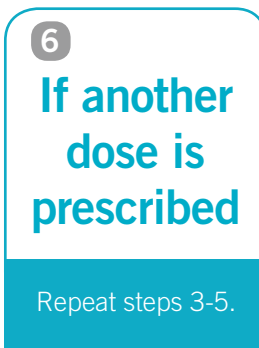
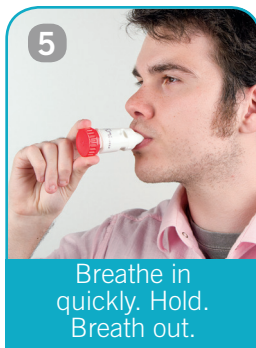
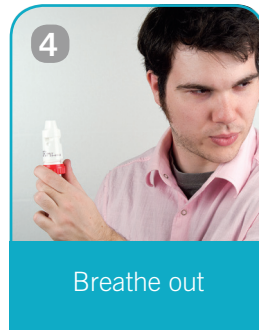
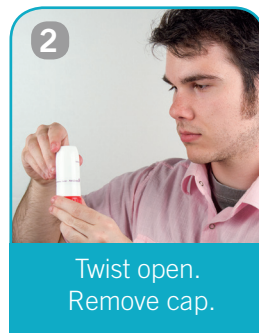
Before a turbuhaler is used for the FIRST time, it must be prepared for use. Hold upright, unscrew and lift off cap. Turn colored base in one direction and back. A 'click' is heard. Repeat one more time. The device is now ready for use.

How do I use my Turbuhaler®?

1. Hold upright.
2. Hold the colored base and twist the cap counter-clockwise to remove cap.
3. Hold the colored base and turn all the way in one direction, then all the way back in the opposite direction. Note: Do not shake or blow into the device.
4. Breathe out away from the mouthpiece.
5. Bring the inhaler up to your mouth in a horizontal position. Place the mouthpiece between your teeth and close your lips around it. Breathe in **quickly** and **deeply** through the mouthpiece. Remove Turbuhaler® from mouth and hold breath for 5-10 seconds. Breathe out.
6. Repeat steps 3-5 for the prescribed number of inhalations.
7. Twist cap to close and rinse mouth.

Care of a Turbuhaler®

1. Clean mouthpiece using a dry tissue or cloth, gently wiping away any particles which have collected inside the mouthpiece. Never wash the Turbuhaler®.
2. Check the number in the dose window to see how many doses are left.
3. Some Turbuhalers® may not have a window counter. When a red mark appears in the window underneath the mouthpiece, the Turbuhaler® has approximately 20 doses left. When the red mark reaches the bottom edge of the window the Turbuhaler® is empty.



For video instruction:
lungsask.ca/inhaler-resources