



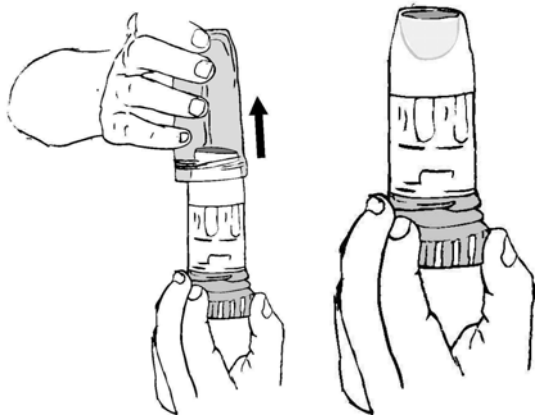
Turbuhalers

Turbuhalers contain medicine as a dry powder.
Most children at 8 years of age can use a turbuhaler.



How to use a Turbuhaler

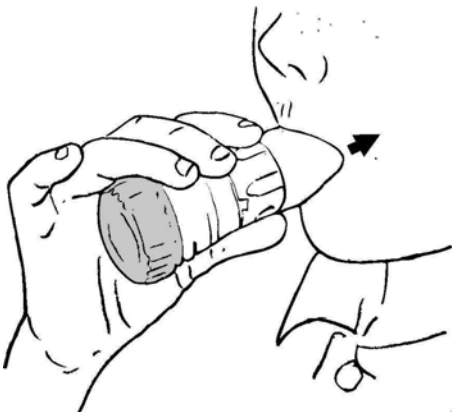
1 Unscrew the cap of the turbuhaler and lift off.



2 Hold the turbuhaler upright. Load by turning the grip at the base to the right as far as it will go, then twist it back to the left until it clicks.

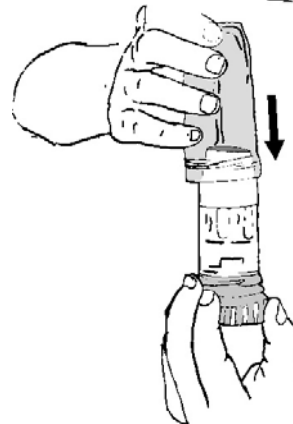


3 Breathe out gently. Hold the turbuhaler, without occluding the air inlets and put the tip of the mouthpiece between lips. Breathe in strong and deeply through the mouth, (do not breathe into the turbuhaler).



4 Remove turbuhaler from mouth and hold breath for 10 seconds.

5 Replace the cap and screw it shut.

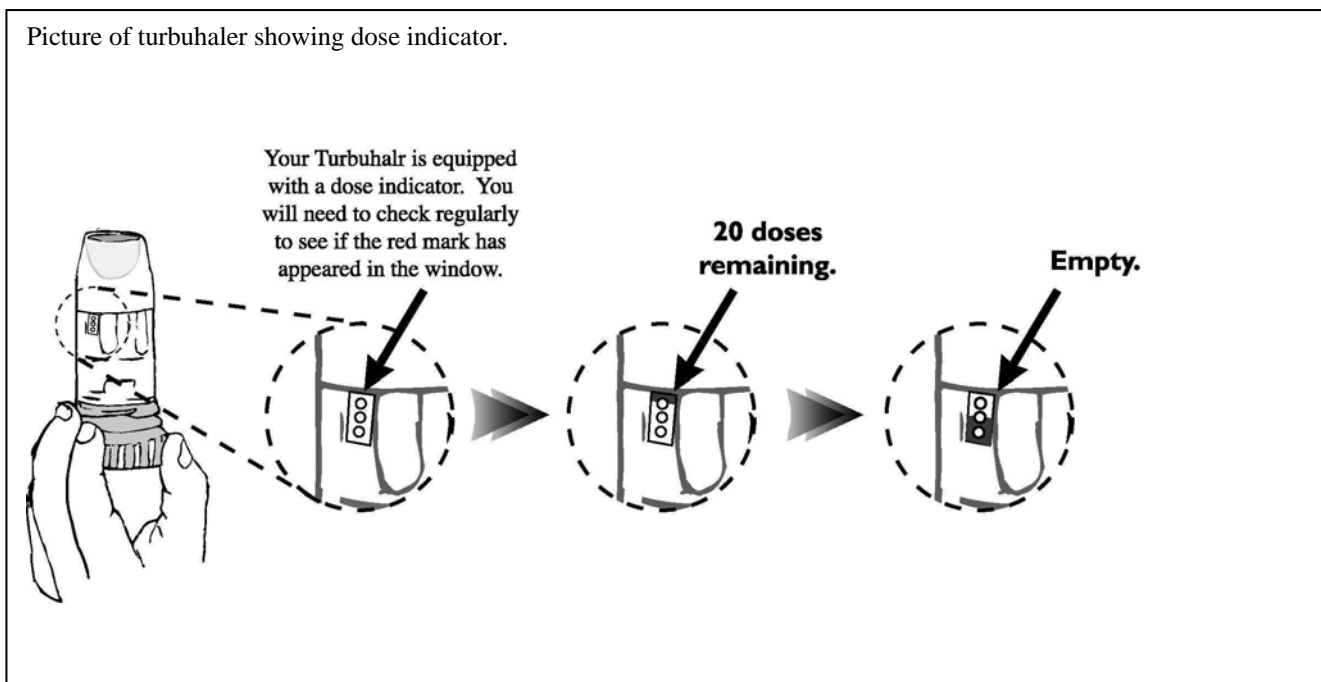


6 If another dose is required, repeat steps 2 to 4.

Note: You will not get a higher dose by twisting the coloured base more than once at the same time.

How Can I tell when a turbuhaler is empty?

The turbuhaler has an indicator (clear window below the mouthpiece). This tells you when the turbuhaler is empty (see picture below):



Note: the rattling you hear when you shake the turbuhaler is the drying agent built into the coloured base of the turbuhaler, and is **not** the medication.

How should I clean a turbuhaler?

It is important not to get any part of a turbuhaler wet. If it needs cleaning, just wipe a dry tissue over the mouthpiece. Always keep the cap on when not in use.

This asthma delivery device sheet has been developed by the Asthma Foundation of WA and Asthma Liaison Nurses for Princess Margaret Hospital for Children

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