

INFORMATION FOR PATIENTS

How to use a Turbohaler with dose indicator

This leaflet will inform you how to use your Turbohaler with dose indicator.

Always read the patient information leaflet which comes with this inhaled medication.



This is a Turbohaler with a dose indicator. These come in different colours indicating different medicines.

If your inhaler contains steroid medication, remember to rinse your mouth out afterwards to prevent soreness.

The benefit of using your inhaler correctly is that your asthma or chronic obstructive pulmonary disease (COPD) will be controlled more effectively. Incorrect use of your inhaler may result in reduced control.

To effectively use your Turbohaler with a dose indicator follow this step by step guide:

1. Use only as prescribed.
2. Unscrew and lift off white cover.
3. Hold the Turbohaler upright and twist the grip, then twist it back again as far as it will go. You should hear a click. If using the device for the first time, it will need to be primed; twist the grip again as far as it will go until a second click is heard. The device is then ready for use. **This only needs to be done once, when first using the device.**

4. Breathe out gently away from the Turbohaler mouthpiece, put the mouthpiece between the lips and teeth and breathe in as deeply as possible. Even when a full dose is taken there may be no taste.
5. Do not breathe out into the Turbohaler as it is potentially susceptible to damp.
6. Remove the Turbohaler from the mouth and breathe out.
7. For a second dose repeat steps 2-3, **omit step 4**, then repeat steps **5-6**.
8. Replace white cover.

Cleaning of the Turbohaler

Wipe the mouthpiece only with a dry tissue/cloth. Never wash the device.

How to store the Turbohaler

Store away from extremes of temperature, in a safe place away from young children.

Replacement of Turbohaler

Do not use after the expiry date. The number of doses vary according to the drug strength. The small clear window begins to show red when approximately 20 doses are left. A red mark fills the window when the device empty.

General information

The Turbohaler contains desiccant to absorb any moisture. This can be heard when the device is shaken.

This is not the amount of drug remaining; even when empty the device can be heard when it is shaken.

Contact details

Respiratory Specialist Nurse
Cardiorespiratory Department (Clinic 4)
King's Treatment Centre
King's Mill Hospital
Sutton-in-Ashfield

Telephone: 01623 622515, extension 6831, 3541 or 6324, Monday to Friday between 9am–5pm.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

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Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service:

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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