

## INFORMATION FOR PATIENTS

# How to use a Turbohaler with dose counter

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

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



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

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 dose counter, follow this step-by-step guide:

1. Use only as prescribed.
2. Unscrew and lift off white cover.
3. Hold main body of Turbohaler upright.
4. Twist the coloured base as far as it will go in both directions. A clicking sound should be heard.
5. Breathe out away from the Turbohaler mouthpiece.
6. 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.
7. Remove the Turbohaler from the mouth and breathe out.
8. For further doses repeat steps 2-6.
9. 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 a Turbohaler**

Do not use after the expiry date.

Number of doses vary according to the drug strength. It has a numerical counter which counts down - when the counter reaches 0 on a red background, the device is empty.

### **General Information**

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

**It is not the amount of drug remaining  
Even when empty the device can be  
heard when it is shaken.**

### **Contact details**

Respiratory Specialist Nurses  
Respiratory Department  
Level 4  
Kings Mill Hospital  
Sutton-in-Ashfield  
Notts  
NG17 4JL

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

### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **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](mailto: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](mailto: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](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202509-06-TDC  
Created: November 2015 / Revised: September 2025 /  
Review Date: September 2027