

Turbuhaler

Turbuhalers contain medicine as a dry powder. Most children at 8 years of age and older 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, away from turbuhaler. Hold the turbuhaler, without covering the air inlets and put the tip of the mouthpiece between lips with a good seal. Breathe in **quickly and deeply** through the mouth and hold your breath for 5-10 seconds. Do not breathe into turbuhaler.
4. Replace the cap and screw it shut.
5. If another dose is required, repeat steps 2 to 4.

Note: you will not get more than one dose at a time.

You must inhale medicine before loading the device again.



How can I tell when a turbuhaler is empty?

Symbicort has a dose counter which counts down from 120, the last 20 doses appear on red.

Other turbuhalers have a clear window. A red dot appears in the window on the side of the turbuhaler when there are only 20 doses left.



Symbicort



Other

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. This can be heard even when the turbuhaler is empty.

How should I look after my turbuhaler?

- Avoid getting it wet, always keep it in a dry place with the lid screwed on tight.
- Avoid breathing into the turbuhaler, as moisture can cause it to become clogged.
- Wipe the mouthpiece with a dry tissue if needed.

This document can be made available in alternative formats on request for a person with a disability.

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Produced by PCH Asthma Nurses
Ref: 487 © CAHS 2017 Revised 2022



Government of **Western Australia**
Child and Adolescent Health Service

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