

## Inhaler Technique

1. Unscrew and remove dust cap
2. Hold the inhaler upright.
3. Turn the grip fully anti-clockwise as far as it will go and then turn it all the way back (a small click will be heard)
4. Place your lips around the mouthpiece
5. Breathe in slowly, steadily and deeply
6. Hold your breath for about 10 seconds or for as long as is comfortable
7. Remove the device from your mouth
8. Repeat steps 1-7 for each dose of medication prescribed
9. Remember to replace the dust cap

## Further advice:

Always remember to gargle with water after using your inhalers and spit out the residue

## Cleaning instructions:

Never wash inhaler with water, just wipe the mouthpiece and the outside with a clean, dry, lint-free cloth to remove any powder residue. Keep inhaler dry.

You can request this information in a different format or another language.

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## Department of Respiratory Medicine

### Turbohaler information leaflet



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