

- 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
- 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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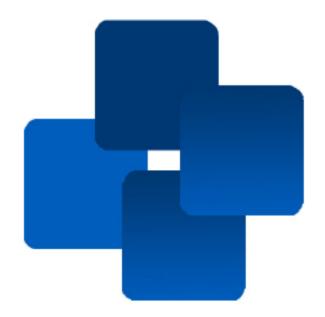
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Department of Respiratory Medicine

Turbohaler information leaflet



For further information contact the Respiratory Specialist Nurses

Lister Hospital: 01438 285621

Patient information

Using your Turbohaler



Name......

Date.....

Drug Name	
Inhaler Colour	
Take	
When	
Drug Name	
Inhaler Colour	
Take	puffs
When	
Drug Name	
Inhaler Colour	
Take	puffs

When_____

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