

Name patient:.....

Date:.....

Name of the instructor: .....

## Inhalation protocol Turbohaler

### Patient information

1. Discuss the purpose and the mode of action of the medication

### Preparation

2. Your mouth must be empty.
3. Hold the inhaler upright with the coloured base downwards.
4. - Unscrew the cap and take it off.  
- Twist the coloured grip of your Turbohaler as far as it will go. Then twist it all the way back. You have done it properly when you hear a “click”.  
- When you use it for the first time, and only for the first time, you should twist the coloured grip again (twice in total) until you hear a click.
5. The Turbohaler is now ready for use. Keep it upright until you come to use it!
6. Be careful not to drop it!

### Inhalation

7. Sit or stand up straight with your head slightly backwards.
8. Breathe out slowly and completely, away from the device.
9. Bring the Turbohaler horizontally to your mouth.
10. Hold the mouthpiece between your teeth and close your lips around it. Do not cover the air vents.
11. Breathe in as quickly, forcefully and deeply as you can through your mouth.
12. Hold your breath for about 10 seconds or as long as comfortable. You can take the Turbohaler out of your mouth while holding your breath. Do not expect to taste anything.
13. Breathe out gently, away from the Turbohaler, and then relax.
14. Repeat the procedure from point seven if you are prescribed a second dose.
15. Put the white cover back onto the Turbohaler.
16. After inhaling corticosteroids (e.g. Symbicort), rinse your mouth out briefly with water: gargle and spit with the first mouthful then swallow the rest or eat something.

### Cleaning

17. Wipe the mouthpiece with a dry tissue or cloth. Never wash the mouthpiece or any other part of the Turbohaler.

### Important points

18. The Turbohaler contains 60-120 doses. When a red line appears at the top of the window on the device, there are approximately 20 doses left. Some Turbohalers have a dose counter to tell you exactly how many doses are left.
19. The Turbohaler contains powder inside to keep it dry: this rattles on shaking even when all the medication is used up, so rattling does not necessarily mean that there is any drug left.
20. Keep the Turbohaler at room temperature in a dry place, not in the bathroom or the kitchen where it may be exposed to damp.

### Finally

21. Have a look at an instructional film which shows these steps in action.