

Name patient:.....

Date:.....

Name of the instructor:

Inhalation protocol Turbospin®

Patient information

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

Preparation

Before every use:

2. The mouth must be empty.
3. Make sure there is a clean, dry worktop. Place a glass of water within reach.
4. Wash and dry both hands.
5. Remove the cap from the Turbospin® by pulling it upwards.
6. Hold the center part of the Turbospin® and unscrew the mouthpiece (counterclockwise). Put the mouthpiece on the worktop.
7. Put the Turbospin® upright on the worktop.
8. Just before use, take one capsule from the strip. Do not force the capsule through the foil. Put the capsule directly into Turbospin®.
9. Hold the Turbospin®, replace the mouthpiece and rotate the Turbospin® so that the white button points upwards.
10. Puncture the capsule by pressing the button with your thumb and then releasing it. This may result in leakage of a little of the medication through the air vents.
11. The Turbospin® is now ready for use. Avoid shaking, inverting or dropping it since this may cause further leakage of the medication.

Inhalation

12. Have a sip of water.
13. Sit or stand up straight with your head slightly backwards.
- 14. Exhale slowly and completely, not into the Turbospin®.**
15. Bring the Turbospin® horizontally towards the mouth.
16. Put the mouthpiece between teeth and close lips to form a good seal. Do not block the air vents.
- 17. Inhale as deeply as possible with steady, moderate force.**
18. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Turbospin® from the mouth.
19. Exhale slowly and take a short break.
20. Repeat steps 13 to 19 once.
21. Unscrew the mouthpiece of the Turbospin® and remove the capsule.

Please note:

- If the capsule is empty, it may be disposed of.

- If the capsule has been punctured, but it is not empty, replace it in the device with the puncture holes facing downwards. Replace the mouthpiece and repeat inhalation steps 13-19.

- If the capsule is full and has not been punctured, replace it and puncture it again. Repeat inhalation steps 13-19..

- If the capsule has not been punctured the second time, there may be a possible fault with the device: use the spare Turbospin®.

22. After inhaling, rinse your mouth briefly with water: gargle and spit with the first mouthful then swallow the second mouthful. If needed eat or drink something.

Cleaning

- 23. Remove the mouthpiece and shake the Turbospin® well.
- 24. Clean the mouthpiece and chamber with a dry tissue or a cotton swab: never get it wet or rinse it with water.
- 25. Replace the mouthpiece and protective cap.

Important points

- 26. Sometimes, using this device may cause the patient to cough intensely. This may be alleviated by asking the patient to inhale more slowly (but but so slowly as to impair inhalation of the medication).
- 27. Only the included capsules fit in the Turbospin®: do not use it for inhalation of medication in other capsules. If other medication is being inhaled it is advisable to use the Turbospin® after all other medication has been inhaled.
- 28. Keep the Turbospin® and the included capsules at room temperature and away from wet or possibly humid environments such as the bathroom or kitchen.
- 29. Replace the Turbospin® every month: use a new Turbospin® every month.

Finally

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