

Inhaler technique Turbohaler



Turbohaler

1	Unscrew and lift off the mouthpiece cover
2	Hold the Turbohaler upright with the coloured grip at the bottom. Twist the grip in one direction, then twist it back again as far as it will go. You should hear a click and the dose is ready.
3	Breathe out gently as far as is comfortable away from the Turbohaler
4	Put the mouthpiece in your mouth and seal your lips around it.
5	Breathe in as quickly and deeply as possible.
6	Remove the Turbohaler from your mouth, hold your breath for up to 10 seconds then breathe out slowly If your inhaler contains a steroid ingredient, you should rinse your mouth with water or brush your teeth after using it; this is to prevent infections such as oral thrush.
7	For a second dose, wait 30 seconds then repeat steps 2 - 6. Replace mouthpiece cover after use.

Looking after your Turbohaler

Wipe the outside of the mouthpiece once a week with a dry tissue
Do not use water or any liquids to clean your Turbohaler.

How do I know how many doses are left?

The dose counter tells you how many doses you have left in your Turbohaler. The counter is marked in intervals of 10 doses. When you see a red mark at the edge of the counter window, there are 20 doses left and you should then arrange for a new inhaler from your prescriber.

References

- 7 Steps to Success – Inhaler Technique (2014) (adapted)
- Asthma UK 'How to use your inhaler' videos. Available at: <https://www.asthma.org.uk/advice/inhaler-videos/>
- Chest Heart and Stroke Scotland "My Lungs My Life" videos. Available at: <https://youtube.com/playlist?list=PLhiaAMAGIBpe9Rx66KB3cnfykZq7CjSbD>
- 'Getting the basics right – Inhaler Technique' Primary Care Respiratory Society (2016)

For further support and information, please contact:

Royal Sussex County Hospital COPD Nurse Specialist: 01273 523109

Worthing Hospital Respiratory Nurse Specialists: 01903 205111 Ext. 85858

St Richard's Hospital Respiratory Nurse Specialists: 01243 788122 Ext. 32395

You can also contact your community pharmacist or practice nurse for advice.

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Ref. No. 2076

Publication date: 10/2021

Review date: 10/2024

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