

## Asthma: Using a Turbuhaler®

### What is a Turbuhaler®?

A Turbuhaler® is a white cylinder with a colored base. It contains a dry powder medication. A child needs to be able to breathe in deeply and quickly to pull the medication out.

### How to use a Turbuhaler®

#### Step 1

##### Open Turbuhaler®

Open the Turbuhaler®. Unscrew the white cover and lift off the cap.

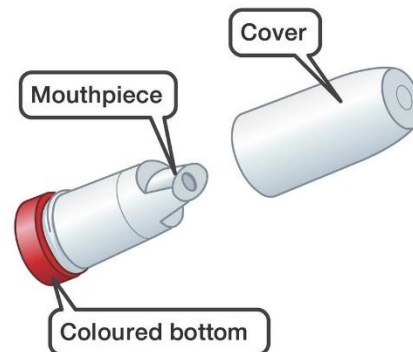
#### Step 2

##### Get Medication Ready

Hold the Turbuhaler® with the mouthpiece pointing up. Turn the colored base as far as it will go to the right. Then turn it back as far as it will go to the left until you hear a click. The click means the medication is ready to be used.

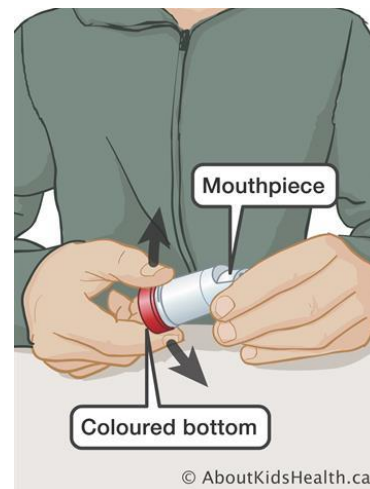
**Make sure that you do not lose any of the medication.** Medication will be lost:

- If you shake the Turbuhaler® after hearing the click
- If you turn the Turbuhaler® upside down after hearing the click
- If you drop the Turbuhaler® after hearing the click
- If you blow into the Turbuhaler® after hearing the click.



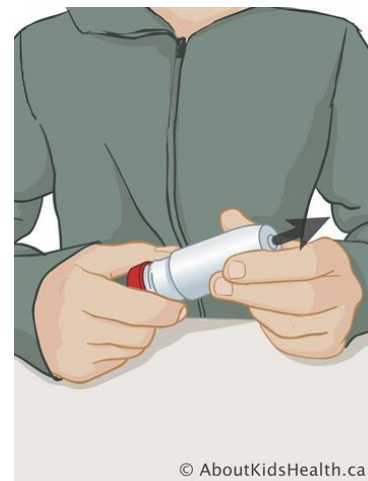
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### Step 3 Take the medication

Stand or sit straight

Breathe out fully away from the Turbuhaler®. Place the mouthpiece into your child's mouth and have your child tightly seal lips around the mouthpiece. Ensure teeth and tongue are not in the way of the hole in the mouthpiece.



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Take in a quick deep breathe through the mouth. After the breath remove the mouthpiece and your child should hold breath for 10 seconds.

If a second dose of medication is required wait 30 seconds and repeat steps 2-3.

After using replace cover and twist shut.



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### Step 4 Rinse mouth

(This step is only necessary if your child is using a controller medication)

**Make sure your child drinks or rinses their mouth with water.** This will help remove any medicine that may be left in the mouth to prevent thrush. Thrush is a yeast infection that can cause white patches on the mouth and tongue.



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## Helpful Hints

Be sure to always read the manufactures instructions to determine the correct care for your Turbuhaler®.

- Keep the Turbuhaler® in a dry place. Moisture your breath or in the sir will interfere with the delivery of the medication. Never wash the device with water.
- Wipe mouthpiece with a dry cloth at least once a week
- Check expiry date on the device. It is located on the side of the mouthpiece.
- Replace the cap after use.
- The sound you hear when you shake the Turbuhaler® is the powder that keeps the medication dry. You **DO NOT** need to shake the Turbuhaler® before using it.
- When the red mark appears in the window underneath the mouthpiece, there is approximately 20 doses left. At this time you should go to your pharmacy as soon as possible to get a new one. When the window is completely red the Turbuhaler® is empty. Throw it away and immediately get a new one.