

Turbuhaler



1. Unscrew the cover and lift it off. Do not shake.
2. For Symbicort, load medicine by holding the inhaler upright and turning the coloured grip on the bottom clockwise until you hear a click. Twist the coloured grip back counter-clockwise as far as it will go. (If you are opening a brand new container of Symbicort, you must do this action twice to “prime” it so that it is ready for use . Load as directed for the actual dose).

For Pulmicort, Oxeze and Bricanyl, load medicine by holding the inhaler upright and turning the coloured grip counter-clockwise first then clockwise until it clicks.

3. Turn head away from the Turbuhaler and breathe out normally to the end of a normal breath. Do not blow out into the Turbuhaler.
4. Put the mouthpiece past your lips and between your teeth and close lips firmly around it. Tilt head back slightly.
5. Breathe in quickly and deeply through your mouth.
6. Remove the Turbuhaler from your mouth and hold your breath for 5-10 seconds if possible.
7. Breathe out slowly.
8. If a second dose is ordered, repeat steps 2 through 7.
9. Replace the cover and screw it shut.
10. **Gargle with water and spit out if you are using a corticosteroid** (Symbicort or Pulmicort). This is an important step to help to prevent potential side effects from the corticosteroid (sore throat, hoarse voice, oral thrush).

Cleaning Instructions

1. Clean mouthpiece once a week and as needed with a dry tissue. Never use a wet cloth.
2. Store in a clean, dry place – preferably not the bathroom as it is too humid.
3. Regularly check the counter for remaining doses. For Symbicort, the Turbuhaler is empty when the counter is at “0” in the middle of the counter window. For Pulmicort, Oxeze and Bricanyl, the Turbuhaler has 20 doses left when the red mark first appears in the counter window.