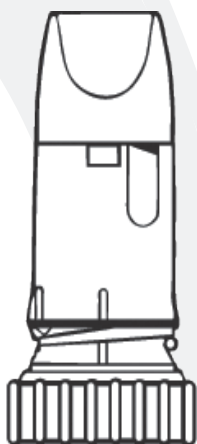


About your Turbohaler

It is important you use the inhaler correctly to make sure you have the full dose of the medication you need.

How does it work?

The Turbohaler can be used to provide different types of medication depending on your lung condition. It is likely to be either: Terbutaline (Bricanyl) or Formoterol (Oxis) and Budesonide (Pulmicort) or Symbicort. Budesonide and Symbicort contain a steroid. If you have an inhaler that contains a steroid you must rinse and gargle your mouth out with normal tap water after use to prevent developing a sore mouth, husky voice or oral thrush. These inhalers work by relaxing the muscles of the large airways and/or reducing inflammation.



How do I use it?

- Unscrew and lift off white cover. Hold the Turbohaler upright and twist grip forwards and backwards as far as it will go. You will hear a click. Repeat this action the first time you use a new inhaler, to ensure the device is primed
- Breathe out gently, put the mouthpiece between lips and breathe in as deeply and as fast as possible, until your lungs are full up. Even when a full dose is taken there may be no taste
- Remove the turbohaler from your mouth and hold your breath for a maximum of 10 seconds, or as long as is comfortable. Replace the white cover

This process will need to be repeated if your prescription is 2 puffs at a time.

If you have problems twisting the base, ask your health professional for a handy grip to help you.



Think you need A&E?
Check your symptoms using **Ask A&E**
and get NHS answers 24/7
uhb.nhs.uk/ask