

How To Use Your Turbuhaler Device

containing the following medication: _____



Turbuhaler device
(exact colour will vary)

Why use this sheet?

This sheet contains important information to help you use the inhaler device properly. Keep it in a place where you can find it. This sheet also indicates how the inhaler will help you and reminds you of how many puffs to take and how often.

How using this inhaler will help me:

By taking my _____ I will:

- Reduce my chances of a COPD flare-up.
- Improve the symptoms that I have such as: _____

How many puffs do I need to take and how often:

My dosing regimen is: _____ puffs _____ per day Date: _____

How do I know when to get a new inhaler?

For Pulmicort and Bricanyl: When a red mark appears in the window underneath the mouthpiece the inhaler has approx. 20 doses left. When the red mark reaches the bottom edge of the window the turbuhaler is empty.

For the Symbicort and Oxeze turbuhaler: Every 20th increment dose is marked with a number and every 10th increment dose is marked with a dash/dot. The inhaler is empty once a zero is in the middle of the dose window with a full red background.

Take empty inhaler to your Pharmacy for recycling.

See over for step by step instructions

Inhaler Administration Steps

Prepare the device

1. Hold upright, twist (clockwise) and remove the cap.
2. Turn coloured base until you hear a click, and then turn back. Hold inhaler at the bottom to avoid blocking air vents on the body of the inhaler.

Get ready to inhale

3. Breathe out, away from the mouthpiece until your lungs feel empty.
4. Place the mouthpiece between your teeth and seal lips around it without blocking the air vents.
5. Inhale forcefully and deeply while tilting the inhaler up (like drinking a glass of water).
6. Hold breath for 5 to 10 seconds and remove the inhaler from your mouth.
7. Breathe out, away from the inhaler.
8. Repeat steps 2 to 7 for prescribed number of doses (puffs).
9. Once finished, place cap back on the inhaler twisting until it locks.

If you have any questions about how to use this, take your device and ask your local community pharmacist to check your technique.
You can also watch videos at www.lung.ca

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Making better
decisions together
with patients
and families

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