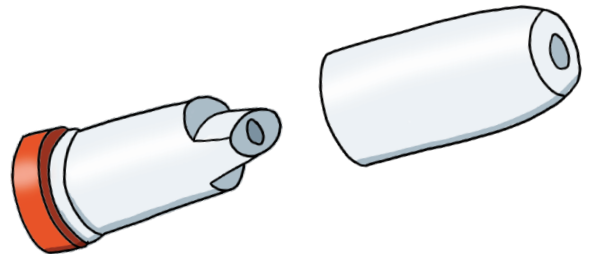


# Turbuhaler

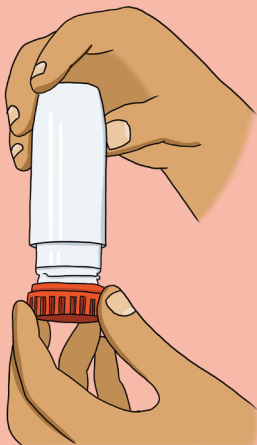
(turb-you-haler)

Turbuhaler is a medical device that helps to deliver medicine into bub's lungs. Most children with asthma 8 years and older can use it.



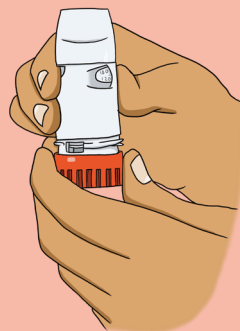
### Using a turbuhaler

1. **Twist** the cover to take it off.

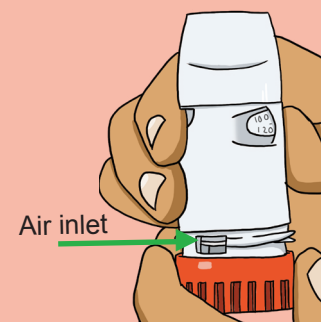


2. Hold the turbuhaler **upright**.

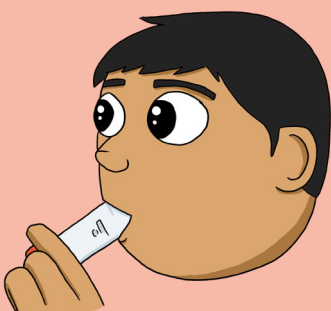
**Turn the coloured bottom to the right** as far as it will go. Then **twist it back** to the left until it clicks.



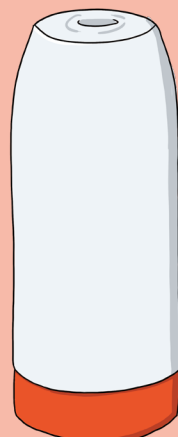
3. **Breathe out** gently, away from turbuhaler. Hold the turbuhaler, don't cover the air inlets, put the tip of the mouthpiece between lips and form a good seal.



4. **Breathe** the medicine in quickly and **deeply** through the mouth and **hold** your breath for **5-10 seconds**. Do not breathe back into the turbuhaler.



5. **Put cover back** on and twist to close.

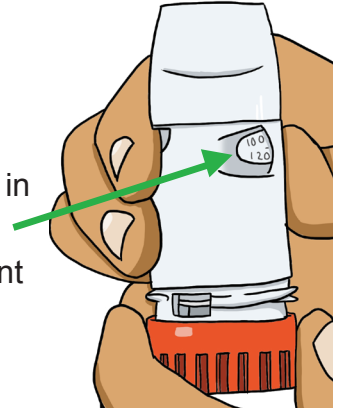


6. If bub needs another dose **repeat steps 2 - 4**:

- Bub must inhale medication before loading the device again.

## Look after the turbuhaler

- Don't get it wet, always keep it in a dry place with the lid on tight.
- Moisture can clog the powder medicine.
- Wipe the mouthpiece with a dry tissue if needed.
- There is a dose counter which counts down, the last 20 doses appear in red or red dots.
- The rattling you hear when you shake the turbuhaler is the drying agent and is not the medication, it can be heard even when the turbuhaler is empty.



Government of **Western Australia**  
Child and Adolescent Health Service

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This document can be made available in alternative formats on request for a person with a disability.

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