How to use your inhaler

1. Turn the cover and lift off.

2. Hold the Turbuhaler with the mouthpiece up.

3. Twist the grip fully to the right as far as it will go. Then, turn it fully to the left until you hear a “click”.

If your inhaler is brand new, it may need to be primed before you use it. Ask your pharmacist or see the package insert to see if your inhaler needs to be primed. Prime it by turning the grip at the bottom to the right and then left until it clicks. Repeat one more time, and it will be ready for use.
4. Turn your head away from the inhaler and breathe out.

5. Seal your lips around the mouthpiece and inhale fast and deep. Do not tilt the inhaler too far.

6. Repeat steps 2 through 5 if a second dose is ordered.

7. Replace the cover and twist shut.

8. If the medicine is a steroid, rinse your mouth with water and spit the water out.

How to care for your inhaler

- Do not place your Turbuhaler in water.
- Wipe the mouthpiece off with a dry tissue or cloth if needed.
- Keep the Turbuhaler at room temperature.

How long will the inhaler last?

- The Turbuhaler contains 200 doses of medicine.
- A red mark appears at the top of the window when there are 20 doses of medicine left in the inhaler. When the red mark is at the bottom of the window, the inhaler is empty. Throw it away.
- **Throw away the inhaler 45 days after removing it from the wrapper or when the red mark is at the bottom of the window, whichever comes first.**

Other tips

- Keep track of how many doses are left by circling the start date on a calendar or writing down how many doses you use a month. **Call your pharmacist for a refill before your inhaler is empty.**
- Bring your inhaler to your appointments so you can show your health care provider how you use the inhaler. Let them know if you are having trouble using it. If you use more than one inhaled medicine, ask about the order in which to take these medicines.
- Check the expiration date and do not use the medicine after it expires.

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Talk to your doctor or health care team if you have any questions about your care.

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.

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