

How to use a Turbuhaler

The Turbuhaler works by breathing in the dry medication powder. You must always leave the Turbuhaler cap on when you aren't using it as this will help stop the asthma medication from getting wet. You must also never breathe into the Turbuhaler as your moist exhaled air will also wet the asthma medication. The medication will not work if it is wet.

You must always check to see if you have medication in the Turbuhaler. The number dial tells you how many doses you have left. Refer to the Turbuhaler instructions when it is nearly empty.

When you shake the Turbuhaler you will hear a noise even if it is empty. This is the gel crystals that are in the device to help keep the medicine dry.

1. Remove cap.



2. Check Turbuhaler incheck number dial and expiry date.



3. Whilst holding the Turbuhaler upright, twist the grip to the right and then the left. Listen for a click.



4. Before placing the Turbuhaler into your child's mouth, ask him/her to breath out gently. The child must NOT breathe into the Turbuhaler before breathing in the medicine.



5. Place the mouthpiece into your child's mouth and ask him/her to breathe in forcefully and deeply.



6. Remove Turbuhaler from mouth before breathing out gently away from the Turbuhaler. Repeat steps 3-6 if second dose is required. Once completed wipe mouthpiece with a tissue and replace the cap and screw it shut.



IMPORTANT NOTE: Do not store asthma medication in hot areas such as car gloveboxes. This will affect the medication.

For more information

Women's and Children's Hospital
72 King William Road
North Adelaide SA 5006
Telephone: (08) 8226 8777
www.wch.sa.gov.au