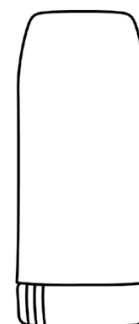


Dry Powder Inhalers: Turbuhaler

Dry powder inhalers are breath-activated inhalers and contain medicine in a powder form, with no propellant or carrier added to the medicine. These inhalers must not be shaken before use. Examples of dry powder inhalers are Turbuhaler, Spiromax, Accuhaler, HandiHaler, and Ellipta.

Unlike pressurised metered-dose inhalers (“puffer” inhalers), dry powder inhalers do not contain a gas propellant, which makes them a more environmentally friendly option. However, dry powder inhalers may not be suitable for everyone, and it is important that you discuss your options with your healthcare practitioner.

Note: Follow the instructions for how to use your inhaler device, contained on the patient information leaflet inside each pack.



How to use a Turbuhaler

1. Unscrew and remove the protective cover.
2. Check the dose indicator window. If window is red, it is time to get a new Turbuhaler.
3. Hold the Turbuhaler upright.
4. Twist the coloured grip as far as it will go in one direction and then back in the other direction. You will hear a ‘click’. Your Turbuhaler is now loaded with a dose of medication.
5. Hold the inhaler away from your mouth and breathe out fully.
6. Place mouthpiece between your teeth without biting, and close lips to form a good seal. Do not cover air vents.
7. Suck in deeply and forcefully through the Turbuhaler. Hold your breath for about 5 seconds or as long as comfortable.
8. While holding your breath, remove the Turbuhaler from your mouth. Breathe out slowly and gently, away from inhaler. Do not breathe back into the mouthpiece, as you will make it damp inside.
9. Repeat steps 2 to 8 for further doses.
10. When finished, place the cover back on the inhaler.

Caring for your Turbuhaler

1. Do not wash your Turbuhaler, as it will not work properly if it gets wet.
2. Wipe the mouthpiece with a dry tissue or cloth.
3. Keep the cap on when not in use.
4. Do not store in a bathroom or wet area, as moisture will prevent the Turbuhaler from working properly.

When to get a new Turbuhaler

Your Turbuhaler has a dose indicator window just below the mouthpiece; when you see red in the window it is time to get a new Turbuhaler.

For a useful ‘How to use’ video, visit the [National Asthma Council Australia](https://www.nationalasthma.org.au).