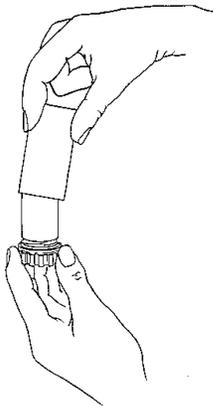


Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

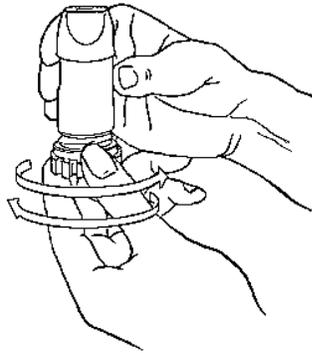
# How to Use Your Turbuhaler

## How to set up a new Turbuhaler, before you use it for the first time

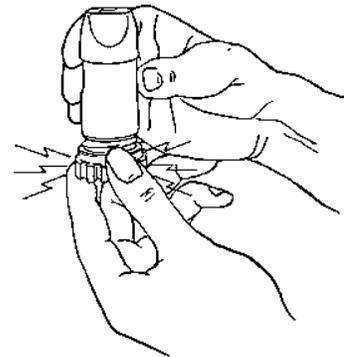
1. Turn the cover and lift it off.
2. Hold the inhaler straight up.
3. Twist the brown grip **all the way** to the right, and then **all the way** to the left.
4. Again, twist the brown grip all the way to the right, and then to the left.



**Turn the cover and lift it off.**



**Twist the brown grip to the right as far as it will go.**



**Twist the brown grip to the left until you hear a click.**

## How to Use Your Turbuhaler

### A. Open

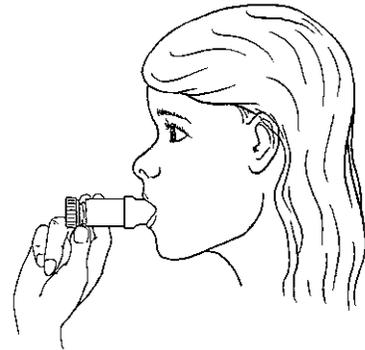
1. Turn the cover and lift it off.

### B. Twist

1. Hold the inhaler straight up.
2. Twist the brown grip to the right as far as it will go.
3. Twist the brown grip to the left until you hear a click.
  - Do not shake the inhaler after the click.
  - Do not tip the inhaler after the click.  
Keep the inhaler straight up after the click.
  - Do not blow into the inhaler after the click.

### C. Inhale

1. Turn your head away from the inhaler and breathe out.  
Do not blow or breathe into the Turbuhaler.
2. Put the mouthpiece between your lips with the inhaler flat.
3. Inhale deep and hard.
4. Take the inhaler out of your mouth, and hold your breath for 10 seconds. (Count 1-elephant, 2-elephants, 3-elephants, all the way to 10-elephants.)
5. If you need to take more than one puff, wait 1 minute and do the steps in B and C again.



**Put the mouthpiece  
between your lips  
with the inhaler flat.**

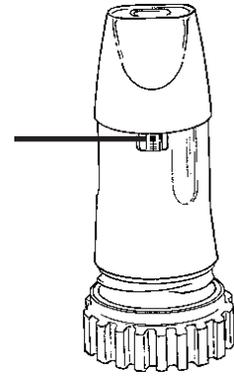
### D. Close

1. Put the cover back on the inhaler and twist it into place.
2. Store the inhaler in a dry place.
  - Never wash the Turbuhaler.

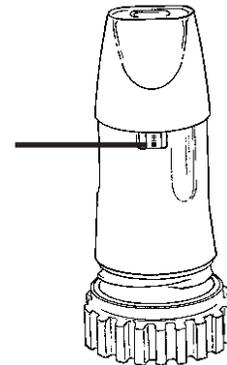
yes    no   If you use the **Pulmicort Turbuhaler**, rinse your mouth after you take your medicine. This will help keep you from getting white spots in your mouth, called thrush.

## How full is your Turbuhaler?

- There are 200 doses in each Turbuhaler.
- The inhaler has a window that shows you when it is almost empty.
- When a red mark is at the top of the window, there are 20 doses left in the Turbuhaler. Refill your prescription now.
- When the red mark reaches the bottom of the window, your Turbuhaler is empty.
- When the inhaler is empty, throw it away. Even if you hear something when you shake it, it has no more medicine in it.



**When a red mark is at the top of the window, there are 20 doses left in the Turbuhaler.**



**When the red mark reaches the bottom of the window, your Turbuhaler is empty.**

## Now that you've read this:

- Show your nurse or doctor how you use your Turbuhaler. (Check when done.)
- Tell your nurse or doctor when you will use this inhaler. (Check when done.)



If you have any questions or concerns,

- call your child's doctor or
- call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-933-1400  
866-933-6459  
[www.phoenixchildrens.org](http://www.phoenixchildrens.org)  
[www.theemilycenter.org](http://www.theemilycenter.org)  
Facebook: [facebook.com/theemilycenter](https://facebook.com/theemilycenter)  
Twitter: [@emilycenter](https://twitter.com/emilycenter)  
Pinterest: [pinterest.com/emilycenter](https://pinterest.com/emilycenter)

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Thursday, March 13, 2014 • DRAFT to family review  
#609 • Written by Sherry Hunkler, RTT • Illustrated by Dennis Swain and Irene Takamizu

## How to Use Your Turbuhaler

Name of Health Care Provider: \_\_\_\_\_

Date returned: \_\_\_\_\_  db

## Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read?  Yes  No

easy to read?  Yes  No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read?  Yes  No

Why or why not?

Would you do anything differently after reading  
this handout?  Yes  No

If yes, what?

After reading this handout, do you have any  
questions about the subject?  Yes  No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center  
Health Education Specialist  
Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016-7710

602-933-1395

**Thank you for helping us!**