

How to use a Turbohaler Inhaler

Department of Respiratory

Information for Patients

Produced: March 2026

Review: March 2029

Leaflet number: 1727 Version: 1

Introduction

Inhalers are commonly prescribed for people with lung diseases like asthma and chronic obstructive pulmonary disease (COPD). Inhalers give medicine straight to the lungs where it is needed.

Different types of inhalers are available, and most inhaled medicines are available in more than 1 type of inhaler. It is important to find the inhaler that you can use and are happy to use.

Why is using an inhaler correctly important?

It lets the correct dose of medicine to reach your lungs. It gives you better control of your condition. It also helps to stop attacks (flare ups).

Examples of Turbohaler Inhalers

- Terbutaline (Bricanyl)
- Formoterol (Oxis)
- Budesonide (Pulmicort)
- Symbicort



**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

How I prepare my inhaler?

When using your inhaler for the first time you should prepare it by:

1. Holding the inhaler with the coloured grip at the bottom.
2. Unscrew the mouthpiece cover and remove it from the inhaler.
3. Holding the inhaler upright, turn the grip as far as it will go in one direction. Then turn it as far as it will go in the other direction. It does not matter which way you turn it first. You should hear a click sound which may be on the first or second turn.
4. Repeat this process again. Your inhaler is now ready to use.

How do I use my inhaler?

1. Unscrew and lift off the mouthpiece cover.
2. Hold the Turbohaler upright with the coloured grip at the bottom. Twist the grip in one direction, and then twist it back again as far as it will go. You should hear a click and the dose is ready.
3. Breathe out as far as is comfortable. Do not breathe into the inhaler.
4. Lift your chin up a little. Put the mouthpiece in your mouth. Close your lips around it making sure your lips make a good, tight seal around the mouthpiece.
5. Breathe in as quickly and deeply as possible. Breathe in until you feel your lungs are full.
6. Remove the inhaler from your mouth. Hold your breath for up to 10 seconds or for as long as possible. Breathe out slowly away from the device. Then breathe normally.
7. Repeat steps for a second dose if needed. Put the cap back on when you are not using it.

What can cause problems?

- Not holding the inhaler correctly. Hold the Turbohaler upright to load the dose and then hold it flat towards the mouth to inhale.
- Not twisting the coloured grip. You must twist it in both directions to load the dose correctly.
- If you load your Turbohaler more than once by mistake before taking a dose, you will still only get 1 dose.
- The noise you hear when you shake the inhaler is a drying agent and not the medicine.
- If the medicine in your inhaler has a steroid like budesonide Turbohaler or Symbicort Turbohaler, rinse your mouth out with water or brush your teeth after use. This is to prevent infections such as oral thrush.
- Always read the package information leaflet that comes with your inhaler for any specific instructions. Speak to your pharmacist if you need any advice.

How do I look after my Turbohaler?

- This device does not need any special storage conditions.
- Store in a safe place out of the reach of children.
- Keep your inhaler clean and cover the mouthpiece when not in use.
- Wipe the outside of the mouthpiece once a week with a clean dry tissue. Do not use water or any other liquids.
- Always remember to check the use by date of your inhaler. Do not use it after the expiry date. The expiry date is for the last date of that month.
- The dose counter shows the number of doses left in the inhaler. The dose counter turns after every 10 dose. This means it does not show every dose.
- When you first see a red mark at the edge of the indicator window, it means there are around 20 doses left in the inhaler.
- For the last 10 doses, the background of the dose counter is red. When a 0 (zero) reaches the middle of the window you need to replace the Turbohaler.
- Check the dose counter to make sure there are doses in the inhaler. The coloured grip will still twist and click even when the device is empty.

How do I know I am doing it right?

Ask your doctor, nurse or pharmacist to check that you have a good technique by showing them how you usually use your inhalers.

For a short inhaler technique video watch: www.asthmaandlung.org.uk/living-with/inhaler-videos/turbohaler or scan the QR code:



The environment and my inhaler

- To reduce waste, only order the inhalers that you need.
- You should not put your old or unwanted inhalers in your household rubbish or recycling bins. Take your old or unwanted inhalers to your local community pharmacy who will dispose of them in an environmentally friendly way.



Contact details:

Contact your GP / Practice team for more advice and support or call NHS 111.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net