



CHU Sainte-Justine  
Le centre hospitalier  
universitaire mère-enfant

Pour l'amour des enfants

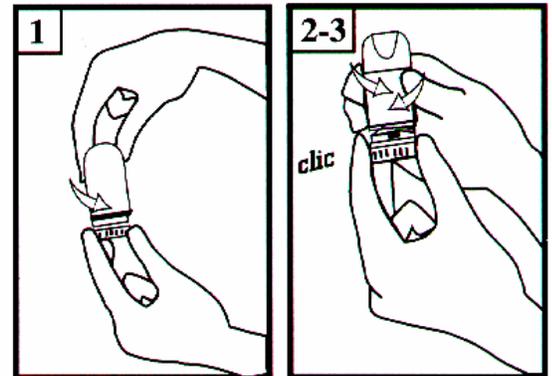
Université   
de Montréal

## INSTRUCTIONS FOR ASTHMATIC CHILDREN OR ADOLESCENTS AND THEIR FAMILIES

### INHALATION TECHNIQUE - TURBUHALER®

**Position:** Standing or sitting, head erect.

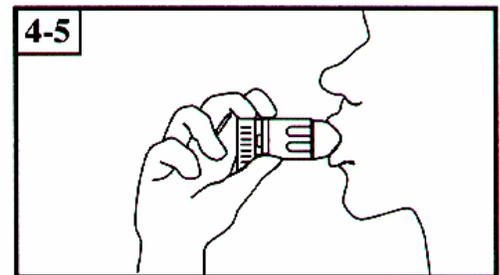
1. Remove the Turbuhaler® 's cap by twisting it.
2. **ALWAYS hold the Turbuhaler® in a vertical position before using.**
3. Turn the colored, toothed wheel to the right, then bring it back to the left and listen for the click. After the Turbuhaler® has been charged, it must not be dropped and you must not blow into the inhaler, because the medication will be lost. If this happens, repeat steps 2 to 6 of the inhalation technique.



4. Exhale deeply, away from the inhaler.
5. Place the inhaler tip between the lips.

**Inhale by the mouth as quickly, as deeply as possible and hold your breath for 10 seconds.**

6. For each prescribed inhalation, repeat steps 2 to 5.
7. After using, replace the protective cap and close tightly.



8. We recommend meticulous oral hygiene after inhaling a corticosteroid (ex.: Pulmicort, Symbicort). **Rinsing out the mouth** is beneficial. **Brushing the teeth** should be considered after inhaling these medicines. These measures cut down the risks of developing oral thrush (Candida albicans).

## **MAINTENANCE**

9. **Do not wash** the Turbuhaler<sup>®</sup>. Wipe all the accumulated powder in the tip with a dry cloth.
10. Keep in a dry place.

## **DISTINCTIVE FEATURES**

- After using the Turbuhaler<sup>®</sup>, always replace the cap to protect the medicated contents from the humidity.
- ***Check the expiration date of the medication contained in the Turbuhaler<sup>®</sup>.***
- Check the contents by looking **for the red dot** or for a number located in the reference window below the mouthpiece tip.
  - When you see the red dot **at the top edge** of the window, **there are about 20 doses remaining** in the Turbuhaler<sup>®</sup>. See to buy a new one. When you see the red dot **at the bottom edge** of the window, **the Turbuhaler<sup>®</sup> is empty** and must be disposed off.
  - If you see 0 on the middle of the window, the Turbuhaler is empty and must be disposed off.
- When you shake the Turbuhaler<sup>®</sup>, you hear a noise. This does not indicate the amount of medication remaining but rather the presence of the preservative agent. It prevents the medicated powder from being altered by humidity. This is not a reliable method for checking the quantity of medication remaining.
- It is possible that you will not taste the medication or feel its contact when you inhale with the Turbuhaler<sup>®</sup>, that is a normal feature. Even without these feelings, the medication is there and it is working.

## **FOR FURTHER INFORMATION**

- Centre d'enseignement sur l'asthme (CEA) du CHU Sainte-Justine  
(Asthma Education Center)  
Tel.: (514) 345-4931, ext. 2775