



## Children's Respiratory Department

# Turbohaler for use with Symbicort



**THE ADELAIDE & MEATH HOSPITAL, DUBLIN**

INCORPORATING THE NATIONAL CHILDRENS HOSPITAL

Patient Information Leaflet

### The Children's Respiratory Team

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For further information on asthma  
and demonstration of devices log on  
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**Bricanyl** (Terbutaline) is the blue inhaler known as the **reliever**.

One to Two puffs can be taken up to four times a day if needed.

It should work within five minutes and last up to four hours.

It can be given up to four times a day

**Symbicort** is a red inhaler and is a combination of a **preventer** and a long acting **bronchodilator**.

It is an anti-inflammatory and contains an inhaled steroid.

You must take your Symbicort every day as this reduces the inflammation in your lungs.

Always rinse your mouth after using Symbicort to prevent Hoarseness or oral thrush.

**When using the two inhalers always use the reliever (blue inhaler) first**

## HOW TO USE

1. Unscrew and lift off the white cover
2. Hold the Turbohaler upright and twist the grip forward and back or until you hear a click
3. Breathe out gently as far as you comfortably can away from the mouthpiece
4. Do not breathe out into Turbohaler
5. Put the mouthpiece between the lips and teeth and breathe in as deeply as possible.
6. Remove the Turbohaler from the mouth and breathe out.
7. For second dose repeat these steps
8. Replace the white cover

## CLEANING AND STORAGE

1. Store below 30 degrees
2. Never wash the device
3. Never wash the mouthpiece in water.
4. Wipe mouthpiece with a dry tissue regularly

## FEATURES

1. A breath actuated dry powder reservoir device with a dose indicator.
2. A drying agent can be heard when the Turbohaler is shaken. This is not the medication
3. Symbicort can taste sweet
4. A braille identification is on the base
5. For Symbicort the dose indicator is numerical starting at 120 or 60 and counts down marked in intervals of 10 to 0.
6. A red mark appears in the indicator window when there are 20 doses left. When the dose indicator reaches 0 on a red background the inhaler is empty
7. To prime device turn the base backwards and forwards as far as it will go. Do this twice