

Becoming familiar with your Turbohaler *Continued*

Q. How do I know when to replace my Turbohaler?

- A. When there are 20 doses remaining a red band will appear at the top of the dose counter window, to remind you to request a new Turbohaler. When the '0' that appears on the red background reaches the middle of the counter, you must start using your new Turbohaler.

Q. Why can I hear rattling in my Turbohaler?

- A. Each Turbohaler contains a drying agent to protect your medicine. This rattles when shaken, even when the Turbohaler is empty.

Q. Should I hear a 'click' sound when I twist the grip?

- A. When you load a dose by twisting the grip, you should hear a 'click'. This 'click' can vary in loudness and may sometimes be difficult to hear.

Q. How do I take care of my Turbohaler?

- A. Wipe the outside of the mouthpiece once every week, only ever using a dry tissue. Never breathe out through the mouthpiece and never remove the mouthpiece. Avoid twisting the mouthpiece. Replace the protective cover after every use.

Q. How do I report side effects?

- A. If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the Package Leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

Q. Where can I find further support?

- A. If you have any further questions about your Turbohaler, please contact your doctor, nurse or pharmacist. If you would like further information about asthma or COPD, the contacts below may be useful:

British Lung Foundation

A UK charity helping people affected by lung conditions.

Contact number: 03000 030 555

Website: www.blf.org.uk

Asthma UK

A UK charity working to stop asthma attacks and cure asthma.

Asthma UK Adviceline: 0300 222 5800

Website: www.asthma.org.uk

NHS Choices

A comprehensive health information service with thousands of articles, videos and tools, facilitating better health and lifestyle choices, and helping people make the most of NHS and social care services in England.

NHS Choices Asthma

Website: <http://www.nhs.uk/conditions/asthma/Pages/Introduction.aspx>

NHS Choices COPD

Website: <http://www.nhs.uk/conditions/Chronic-obstructive-pulmonary-disease/Pages/Introduction.aspx>

AstraZeneca Medical Information: 0800 783 0033

Suspected adverse reactions and medication errors should be reported. Report forms can be downloaded from www.medicinesauthority.gov.mt/adportal and sent by post or email to:

P: ADR reporting, Sir Temi Zammit Buildings, Malta Life Sciences Park, San Gwann SGN 3000

E: postlicensing.medicinesauthority@gov.mt

Suspected adverse reactions and medication errors should also be reported to Associated Drug Company Limited on +356 22778115.

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Turbohaler® – Q&A

For patients who have been prescribed a treatment delivered by Turbohaler.

This leaflet should be read with the Patient Information Leaflet that comes in the box with your Turbohaler.



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This booklet contains practical guidance on how to use your Turbohaler

Using your Turbohaler – Frequently Asked Questions (FAQs)

Q. How do I use my Turbohaler?

Please read through the following instructions and look at the diagram opposite before using your Turbohaler for the first time.

1. Unscrew and lift off the protective cover.



2. Hold the Turbohaler upright with the coloured grip at the bottom (do not hold the mouthpiece). Twist the grip as far as it will go in either direction. Then turn it as far as it will go in the other direction. You should hear a click.

(Note: the first time you use your new Turbohaler, you will need to perform this step twice.)



3. Hold your Turbohaler away from your mouth. Breathe out gently (as far as is comfortable). Place the mouthpiece gently between your teeth. Close your lips. Breathe in as deeply and as hard as you can through your mouth.

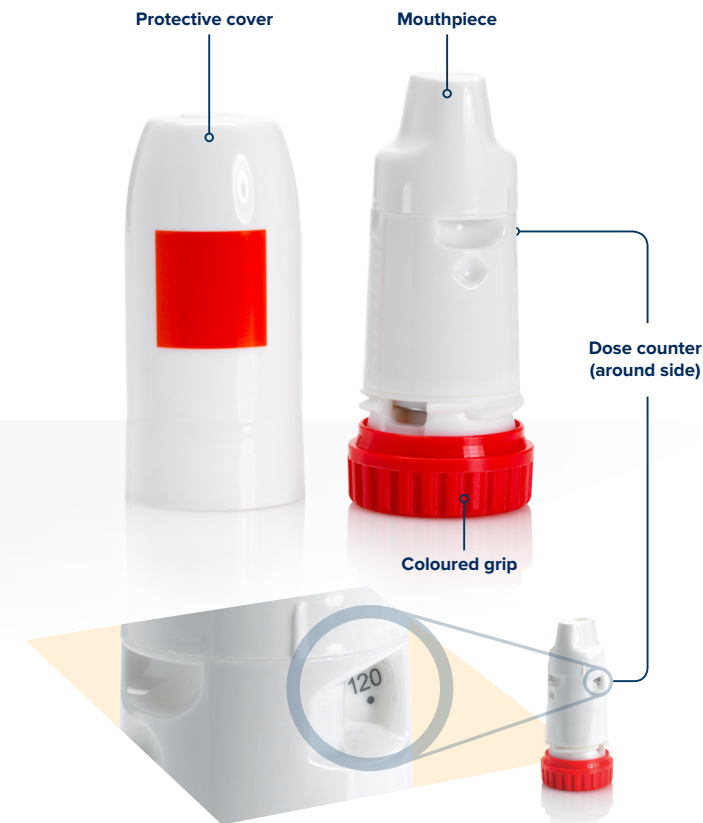
Do not chew or bite on the mouthpiece. Most people will not notice any taste when using their Turbohaler. Remove the Turbohaler from your mouth before breathing out.

If more than one inhalation has been prescribed, repeat steps 2 and 3.



After you have taken your regular dose(s) of Turbohaler:
If your Turbohaler contains an inhaled corticosteroid, rinse your mouth out with water, but do not swallow. Replace the cover after every use.

Becoming familiar with your Turbohaler



Disclaimer: Device images are for demonstration purposes only; you may be prescribed a Turbohaler with a grip of a different colour.