



LAN

Long Alliantie Nederland

Name: _____

Date: _____

Instructor: _____



Inhalation protocol Turbospin®

Patient information

- 1. Discuss the purpose and the mode of action of the medication.

Preparation

Before every use:

- 2. The mouth must be empty.
- 3. Make sure there is a clean, dry worktop. Put a glass of water within reach.
- 4. Wash and dry both hands.
- 5. Remove the cap from the Turbospin® by pulling it upwards.
- 6. Hold the center part of the Turbospin® and unscrew the mouthpiece (counterclockwise). Put the mouthpiece on the worktop.
- 7. Put the Turbospin® upright on the worktop.
- 8. Just before use, take one capsule from the strip. Do not force the capsule through the foil. Put the capsule directly into Turbospin®.
- 9. Hold the Turbospin®, put the mouthpiece back and rotate the Turbospin® with the white button pointing upwards.
- 10. Puncture the capsule by pressing the button with your thumb and release the button. During the puncture, some of the medicine may have left the Turbospin® through the air vents.
- 11. The Turbospin® is now ready for use. Do not make any sudden moves.

Inhalation

- 12. Have a sip of water.
- 13. Sit or stand up straight with your head slightly backwards.
- 14. **Exhale slowly and completely, not into the Turbospin®.**
- 15. Bring the Turbospin® horizontal towards the mouth.
- 16. Put the mouthpiece between teeth and close lips to form a good seal. Do not block the air vents.
- 17. **Inhale as deeply as possible with steady, moderate force.**
- 18. Hold breath for 10 seconds or as long as comfortable. Meanwhile remove the Turbospin® from the mouth.
- 19. Exhale slowly and take a short break.
- 20. Repeat steps 13 to 19 once.

Inhalation protocol Turbospin® - version 1.0



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- 21. Unscrew the mouthpiece of the Turbospin® and remove the capsule.
Please note:
 - If the capsule is empty: it can be disposed.
 - If the capsule has been punctured, but it is not empty: put the capsule back with the puncture holes on the lower side. Put the mouthpiece back on and repeat inhalation.
 - If the capsule is full and has not been punctured: put the capsule back and puncture it again. Repeat inhalation.
 - In case the capsule has not been punctured the second time, use the spare Turbospin®.
- 22. After inhaling, rinse your mouth briefly with water: gargle and spit with the first mouthful then swallow the second mouthful. If needed eat or drink something.

Cleaning

- 23. Remove the mouthpiece and shake the Turbospin® well.
- 24. Clean the mouthpiece and chamber with a dry tissue or a cotton swab, never rinse it with water.
- 25. Put back the mouthpiece and protection cap.

Important points

- 26. After inhalation, a patient might have to cough intensely. For future use, the patient may be advised to inhale slower.
- 27. Only the included capsules fit in the Turbospin®. Inhale the included capsules through the Turbospin® after all other medication is inhaled.
- 28. Keep the Turbospin® and the included capsules at room temperature. Do not keep them in the bathroom or kitchen.
- 29. Replace the Turbospin® every month: use a new Turbospin® when the monthly dosage changes.

Finally

- 30. Have a look at an instructional film which shows these steps in action.

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These English protocols are based on the inhalation protocols of the Dutch Lung Alliance and are being translated by the ADMIT group www.admit-inhalers.org.

The Dutch Lung Alliance encourages dissemination of the protocols and the instructions. The most recent versions and terms of use can be found at the website www.inhalatorgebruik.nl