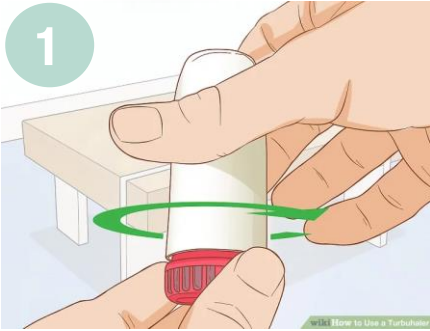




# Turbuhaler

## INSTRUCTIONS



1 Unscrew and remove cover. Hold the **turbuhaler** in the upright position (point the mouthpiece up).



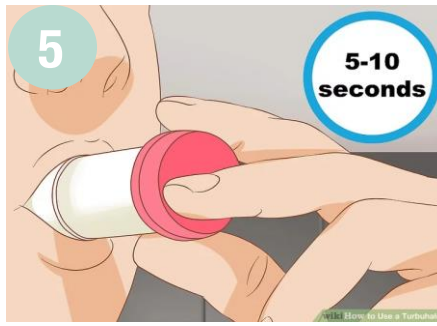
2 Twist the base fully to the right (**anticlockwise**) as far as it will go then twist it back again fully to the left (**clockwise**) until you hear a "click". The dose is now loaded.



3 Breathe out as far as is **comfortable**. (Do not breathe into your turbuhaler).



4 Place the **mouthpiece** between lips; keep the turbuhaler in the horizontal position. Breathe in **rapidly and steadily**, as **deeply** as possible.



5 Remove the inhaler from mouth. Hold your breath for 5-10 seconds and exhale slowly.



6 Clean your **turbuhaler** with cloth or tissue, then close tightly.

### Additional instruction:

- If more than one dose is needed, please wait for 1-2 minutes then repeat all steps 1-5.
- Rinse your mouth with water and spit it out after using inhaler. This can help prevent thrush and hoarseness caused by steroid inhaler.

### Counter window

#### Symbicort®

- The dose indicator is marked in intervals of 20 doses. When the '0' on the red background has reached the middle of the window, the turbuhaler is empty.

#### Pulmicort®

- When the red bar appears in the window, there are approximately 20 doses left. When the red bar has reached the bottom of window, the turbuhaler is empty.

