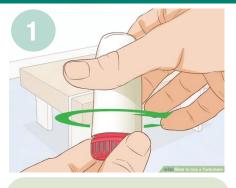
Turbuhaler INSTRUCTIONS



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



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.



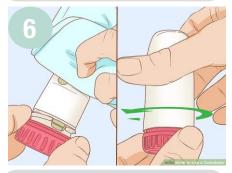
Breathe out as far as is comfortable. (Do not breathe into your turbuhaler).



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



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



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.

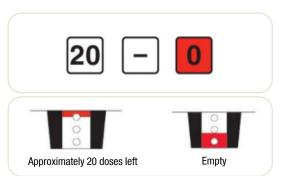
Counter window

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.



Reference: Asthma Society of Australia. Available from: https://www.nationalasthma.org.au/living-with-asthma/how-to-videos/using-your-turbuhaler [Accessed 11 February 2021]. UpToDate. The Use of Inh. How to Use a Turbuhaleraler Devices in Adults. Available from: https://www.uptodate.com/contents/the-use-of-inhaler-devices-in-adults [Accessed 11 February 2021]. Wikihow. How to Use a Turbuhaler. Available from: https://www.wikihow.com/Use-a-Turbuhaler [Accessed 11 February 2021].

