

HOW TO USE A TURBUHALER

Before using a Turbuhaler for the first time, it should be primed.

1. Unscrew the cover and lift off. Hold the device upright (with the mouthpiece up).
2. Twist the brown grip fully to the right and then back to the left until it clicks.
3. Repeat step 2.
4. The Turbuhaler is now ready to use. You do not have to prime it ever again, even if you put it aside for a long period of time.

Using the Turbuhaler:

1. Unscrew the cover and lift off. In order to provide the correct dose, the Turbuhaler must be held in the upright position (mouthpiece up) when the dose is being loaded.
2. To load a dose, twist the brown grip fully to the right as far as it will go. Twist it back again fully to the left until you hear a click. The dose is now loaded.
3. Face away from the Turbuhaler and breathe out all the way. **DO NOT** blow or exhale in the Turbuhaler. Do not shake the Turbuhaler.
4. Place the mouthpiece between your lips and tilt head back slightly. Keep the Turbuhaler in the horizontal position.
5. **Inhale deeply and forcefully** through your mouth. Hold breath for about 10 seconds.
6. Exhale slowly.
7. If your doctor has prescribed more than one dose, repeat this process.
8. Rinse your mouth with water and spit after use. Do not swallow.
9. Refill the inhaler when the dots in the counter window at bottom of Turbuhaler turn red. This indicates that the inhaler needs to be refilled.