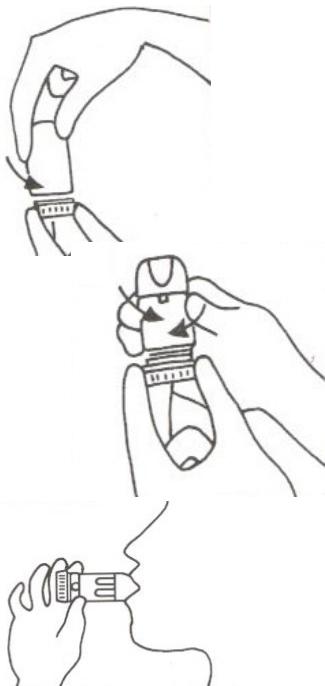




... use a *Turbuhaler*®

Suggested age: 6 years and up

The *Turbuhaler*® contains a dry powder medication. The *Turbuhaler*® is breath activated; breathing in deeply and quickly pulls the medication out. Breathing in forcefully is necessary as there is a very small amount of powder in each dose.



1. **Remove** cap from puffer, by unscrewing and lifting off the cover.
2. **Hold the inhaler upright** (mouthpiece up) and **turn the coloured grip** as far as it will go to the right. Then turn it back again as far as it will go to the left, until you hear a click. Do not shake the inhaler after you have loaded it.
3. **Breathe out fully**, away from the *Turbuhaler*®.
4. **Seal lips around the mouthpiece**, holding the inhaler either horizontally or upright.
5. **Breathe in forcefully** and deeply through your mouth. You may not taste or feel any medication when breathing in, this is common.
6. Remove the *Turbuhaler*® from your mouth before breathing out slowly.
7. If more than one dose has been prescribed, repeat the steps 2 to 7.
8. Replace the cover and twist shut.
9. **Rinse mouth** and gargle with water after using corticosteroids, including combination puffers. If possible, do not swallow the water.

Special Instructions

- Always **check the expiry date** of medications.
- **Read the instructions that come with the *Turbuhaler*®.**
- **Keep the *Turbuhaler*® dry.** Moisture in the breath or in the air will interfere with the delivery of the medication.

Dose Counting

- When a red mark appears in the dose counter window you have about 20 doses left. When the red mark reaches the lower edge of the window, the *Turbuhaler*® is empty. The sound that the *Turbuhaler*® makes when shaken, is not the medication, it will not tell you if it is full or empty! The dose is actually lost when you shake or drop the *Turbuhaler*® after it is loaded. If this happens, you should load a new dose for your child to inhale.

Cleaning Instructions

- Wipe the mouthpiece at least once a week with a dry tissue or cloth.
- Never wash the device with water.