

How do I use my Turbuhaler[®]?

1. Unscrew and remove the cap.
2. Hold the Turbuhaler[®] in an upright position and turn the colored base as far as possible in one direction, then turn back until a 'click' is heard.
Note: Do not shake or blow into the device.
3. Breathe out away from the Turbuhaler[®].
4. Place the mouthpiece between your teeth and close your lips around it.
5. Breathe in quickly and deeply through the mouth. Remove Turbuhaler[®] from mouth and hold breath for 10 seconds, then breathe out.
6. Repeat steps 1 - 5 for the prescribed number of inhalations.
7. Replace the cap.

Note: before you use a *new* Pulmicort or Symbicort Turbuhaler[®] for the *first time* you should prime it by removing the cap and twisting the colored base in one direction and back again once. You are now ready to use the Turbuhaler[®] according to above instructions.

CARE OF A TURBUHALER[®]

1. Clean mouthpiece using a dry tissue or cloth, gently wiping away any particles which have collected inside the mouthpiece. Never wash the Turbuhaler[®].
2. Check the number in the dose window counter to see how many doses are left.
3. Some Turbuhalers[®] may not have a window counter. When a red mark appears in the window underneath the mouthpiece, the Turbuhaler[®] has approximately 20 doses left. When the red mark reaches the bottom edge of the window the Turbuhaler[®] is empty.

THE  LUNG ASSOCIATION™
When you can't breathe, nothing else matters.

 and 

Turbuhaler[®]

AUG.05