

# HOW TO USE YOUR TURBUHALER



1. Unscrew the cap. You do not need to shake your Turbuhaler.



2. Hold the Turbuhaler upright. Twist the base forward and back until you hear a “click”.



3. Breathe out as far as comfortable.



4. Place the Turbuhaler between your lips. Breathe in deeply and forcefully.



5. Take the Turbuhaler out of your mouth and breathe normally.

- ◇ If your dose is 2 puffs, repeat Steps 2 – 5.
- ◇ Replace the cap to keep your Turbuhaler clean.
- ◇ Rinse your mouth after use.

- ◇ Check dose indicator window. If showing **red**, or less than 10, ensure you have a replacement inhaler.